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FOOD

Its Influence as a Factor in Disease and Health

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J. H. TILDEN, M. D.

FOOD

Its Influence as a Factor in Disease and Health

BY

J. H. TILDEN, M. D.

Author of "Criticisms of the Practice of Medicine," "Cholera Infantum," "Typhoid Fever," "Appendicitis," "Diseases of Women and Easy Childbirth," "Gonorrhea and Syphilis," "What Shall I Eat When Traveling?"

THIRD EDITION
REVISED

The haphazard style of eating that prevails and is popular, is the builder of disease and crime. Reformation is sadly needed.

DENVER, COLORADO
J. H. TILDEN, M. D.
Editor and Publisher

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Foreword

FOOD is not a book describing the different articles of food; it is not a book of menus; neither is it a book of formulas and instructions of how to cook or prepare dishes; it does, however, give a number of menus for winter and summer eating, with a few comments on same.

"Food," per se, is, if technically classified, a book on the pathological, etiological, and therapeutical action of food on the body in health and in disease.

Average people, the same as average professional men (physicians), eat in a haphazard way; their lives are lived in a haphazard manner; and, what is worse, many professional men declare that they know nothing about diet; that, indeed, there is not anything to know about it; that people should eat what they want, when they want, all they want, and as often as they want. This sentiment is promulgated in the face of the great truths that have been discovered in stock-growing—in the improvements made in the lives of animals and plants.

Aside from injuries and the derangement sequential, disease comes from the labor incident to man's struggle for existence, and the wear and tear necessary to maintain a physiological balance.

Food is necessary for growth and the supply of waste, and, in the procuring and eating of food, man meets with abuses galore that injure his health, bringing on disease and premature death.

The subject of food is large, and in "Food" I have endeavored to give much general information regarding the relationship of diet to health and disease.

J. H. TILDEN.

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DEDICATION

TO PEOPLE WHO ARE LOOKING FOR TRUTH
ON THE SUBJECT OF FOOD IN ITS RELATIONSHIP
TO HEALTH AND DISEASE

FOOD

CHAPTER I

FOOD POISONING

FOR twelve years I have been alluding to food-poisoning when writing on the subject of disease, its prevention and cure, and as most laymen think only of ptomaines developed on the outside of the body (exogenous), or developed after the food has been taken into the body (endogenous), I shall endeavor to show in this, and in other chapters that are to follow, that the human body can be poisoned from pure, wholesome food, as well as from impure food, and that the mind, as well as the body, may cause innoxious foods and secretions to become noxious.

There is much said by writers on diet about the constituents of the body and of the food, and about the waste and supply—the amount of food needed—the requirements necessary to maintain bodily efficiency.

DIET LISTS ARE WORTHLESS

It is common for doctors to furnish diet lists, informing their patients what foods they may eat and what foods they must not eat; but, with it all, what is accomplished? Do people know any more about keeping well after they have become familiar with diet charts than they did before?

How much digestive and assimilative power the body has will always remain a secret. An individual may look hungry and weak; yet his digestion may be in a state of suspension—he may have no power to assimilate; and, if this is true, feeding him will push him farther away from health.

PAIN INHIBITS DIGESTION

Pain or discomfort of any kind, either physical or mental, causes a suspension of digestion, and when food fails to digest, it takes on fermentation; the acid is taken up and causes overstimulation of the nervous system. The gas produced by the fermentation causes distention of the bowels and displacement of various organs; constipation is common; sluggishness of the liver, dizziness, giddiness, and heart palpitation are also common; hence the reader should see what a train of morbid symptoms may follow eating when food should be avoided.

How many diet charts warn patients not to eat when they are feeling bad? How many physicians prescribe going without food when feeling bad? Is it not a fact that the rule among physicians is to prescribe food to people who are feeling bad for the purpose of keeping up their strength?

FEEDING IN FEVER

Feeding in fevers is the cause of needless mortality. Unless feeding, superfluous nursing and medicating are practiced, severe types of sickness will seldom be seen; typhoid will be shorn of three-fourths of its death-dealing power; pneumonia, with its 25 to 40 per cent mortality, will be robbed of most of its lethal influence, except in the type of double pneumonia that locates in the apexes of the lungs; such a type of disease is very fatal. There is no question but that feeding in fever cases, or in any acute or chronic diseases, intensifies, prolongs and complicates them.

The universal fear of starving to death causes the patient and his doctor to demand food. One of the most successful feefaw-fums worked off on prospective patients of mine for the past ten to fifteen years has been: "If you go to Tilden, he will starve you to death." This *bewitchery*, like all others, works on those who do no thinking for themselves. I do not believe this mumbo-jumbo has ever held a single person away from me who really had brains enough to be taught how to live correctly; and no other kind is desired.

I know there are people with no scientific or practical training, and less empirical acumen, who have had much to say on the subject of fasting, and, because of ignorance, have brought this powerful therapeutic measure into disrepute. But is this so very strange? Is there any branch of human endeavor that is free from inefficient incumbents?

DOES FASTING CURE DISEASE

The impression is quite general that, if fasting is persisted in long enough, it will cure all diseases. This is not true; for when organic change has taken place, relief may be given by fasting, but if pushed to the extreme, with the idea of curing the organic defect, death may be the reward. I will add, however, that where death takes place during a fast, it would have taken place sooner if the fast had not been given. For example: In cancer of the rectum, or in other parts of the body, which has advanced to lymphatic-gland infection, patients can be made comfortable, and kept comfortable while life lasts, by a properly conducted fast followed by suitable feeding. Curing any disease means the correcting of physiological perversion, and where the perversion has been of a character to cause organic degeneration, the degenerative changes may be so great that death is in the line of least resistance; then efforts to cure will fail, for it is too late.

It should not be forgotten that bodily resistance means enough nerve energy to overcome or resist all disease influences, and the real key to any cure is the conserving and building of nerve energy. All depleting habits must be overcome; any mental or physical habits that use up nerve energy must be inhibited. The wise physician will know that to feed a patient who is unable to dispose of the food is equivalent to taxing the nervous system—to forcing the body to use up nerve energy—in freeing itself of waste products; and if the waste is not carried out of the system the patient not only becomes enervated, but the retained debris poisons the fluids of the body, and through this overstimulation more nerve prostration is incurred.

The objections to the theory I here advance are that fasting depletes, and that, if patients are fed good, nourishing food, the nervous system will be built up and given resistance to overcome the depressing influences of disease. This is plausible, but the more the facts are sought out and examined into, the less excuse there will be for the existence of such an assumption.

WHY DO PEOPLE GET SICK

If food will restore and impart strength to those who are sick, will someone who advocates feeding the sick tell us why they got sick in the first place? The sick, previous to their breakdown, eat heartily enough; few, if any, ever miss a meal, and, if they do, they make up for it by eating more when they resume eating. The history of all sick people—those who have chronic diseases as well as those who have acute diseases—is that they have a good appetite and have been eating heartily up to the hour of their sickness. Now, if food—eating good, nourishing food—will keep up the strength of sick people, how do they happen to lose their strength; they have not missed a meal? The answer that will be given is that they were infected by germs; but how could this be, when we are told that, if the sick are fed enough "good, nourishing food," the germs will be fed and they —the germs—will not feed upon the body? Take, for example, tuberculosis. We are told that, if these patients are fed—literally stuffed—the germs will not be successful in developing in the patient; but if these patients are restricted in their eating, the germs will meet with no resistance and will literally destroy the patient.

Please go back and inquire about the habits of the tubercular patients. The majority are sensualists. As children they stuffed at meals and between meals; if they failed any day to eat more than enough, it was because they were sick from overeating and had lost their desire for food. Young men of this class, in time, take up tobacco, and they smoke as they have eaten—namely, to excess. In other sensual pleasures they go the limit, and the capping of the climax with many is marriage; the excess in venery that follows for a year or two causes a collapse.

In spite of excessive eating, these patients lose weight, and the more weight they lose, the more they are urged to eat, until their bodies are completely wrecked. At no time have such patients failed to eat more than enough; yet we are told that they must be fed to keep the germs from destroying the lungs and causing death.

CAUSE OF ENERVATION

Excess in all lines brings enervation; enervation causes sluggish functioning, and as a result there is a lack of secretions, as well as excretions. A retention of excretions causes the constitutional state I am pleased to call "autotoxemia"—*the universal cause of all disease.* When excess has brought on this state, glandular involvement follows; adenitis favors the development of a catarrhal inflammation of any part of the body that is brought into a state of stasis from any influences. If the stasis is of the lungs, tuberculosis will develop, or acute pneumonia, or perhaps pleuro-pneumonia; and if stuffing and other excesses are continued, a chronic stasis will follow; then it is said that tuberculosis follows pneumonia. It is just as reasonable to say that enervation brought on from excessive alcohol-drinking, opium-consumption, or venery, may be cured by increasing the indulgences in these vices, as it is to say that diseases brought on from excessive food-indulgences must be cured by increasing the food supply.

CONSTITUENTS OF THE BODY

The constituents of the body are found in the foods in common use. The principal elements are oxygen, hydrogen, nitrogen, carbon, calcium, phosphorus, and sulphur. These elements are found in eggs, milk, meat, and grain; but the fact is that man's environments are filled with the elements necessary to his growth or maintenance. The elements are taken from the air, water, and food. It should be a well-known fact that elements in a compound state cannot be utilized in the body until they are digested, which means analyzed. The analysis must be carried to the ultimate elements, and then it is the business of assimilation to join these elements—synthesize them into tissue. The real question to settle is: Are not the simple foods better for the body than the highly complex ones? They are more stable, and less inclined to take on degenerative changes.

PROTEID FOODS

All works on diet have much to say about proteid; so much that it inclines to generate the impression that the body must be given a certain amount daily, or it will go to ruin. The proteid foods are not superior to all others, except that they contain a larger variety of the primary elements, and for this reason would be ideal for use when a mono-diet is desired; but where a great variety of foods is prepared for the table, as we see in well-to-do families and at first-class hotels, it is questionable if the representative proteid foods are not eaten of too freely, and from this cause generate much ill-health.

It is not my intention to follow the customary plan of writing on food; for there are books galore, teeming with fundamentals; these I recommend to the readers who want all that is known in a scientific way about food and dietetics. If I should write from the popular standpoint on this subject, I should not fill a want; for the ground is covered many times over by writers who have infinitely more time and patience to write and go into detail than I have. It shall be my endeavor to give my full attention to that side of the diet question which is slighted by all writers.

I recognize the fact that there are two sides to the subject; one is scientific, and the other is empirical. The scientific is stiff and unyielding, yet very necessary; the empirical is as necessary, and, when coupled with the scientific, both are made better, and the one served by both is best served.

SCIENCE CAN NOT TELL HOW MUCH FOOD TO EAT

Science cannot tell how much food a given patient needs; it may say he needs so much, but its opinion is based upon an estimate made of healthy men, and it becomes absolutely impracticable when applied to the sick. The sick man must be treated according to his needs, and his needs are beyond the province of unyielding science; for it will say: "Eat so much—you need it." Empiricism says: "The patient may need it, but

I know from experience that he can't take it; for, if he does, it will cause the disease to grow worse."

Science declares that an individual needs a certain kind and amount of food; empirical knowledge says the patient needs it, but, if given under adverse conditions, it will act as a poison rather than a food.

Science is stiff and unyielding, unless it is guided by an empiricism that is backed by observation and experience. For example: Science says a given amount of proteid must be taken in twenty-four hours. Empiricism says: "Perhaps there is already a catarrhal state, showing that too much of that variety of food has been eaten, and rest from it should be taken; otherwise the constitutional derangement caused by it cannot be cured."

FATS AND SUGARS ARE CONSERVATORS OF PROTEIN

Why does empiricism say that too much eating of proteid will cause catarrh? Because those people who catch cold easily—who develop throat, ear and lung disease—those who have a sluggish liver, piles and other rectal diseases; colitis, appendicitis, rheumatism, and other diseases I need not mention, are heavy eaters of proteid foods; or, if they do not stuff with proteid foods, they eat more than they should, and eat so much fats or carbohydrates that the protein is conserved. Fats and sugars are conservators of protein; hence, when sugars, starches and fats are eaten quite freely, a less amount of protein is required to supply the body, and a less amount is needed to become disease-producing. Empiricism declares that cures cannot be made unless the cause of the disease is discovered and removed, and, in the matter of diseases such as before mentioned, the decidedly proteid-bearing foods must be very much restricted, or not given at all; for when nutrition is crowded, fermentation takes place, causing acidity of the alkaline mediums. When this acid state is built, nerve energy is dissipated rapidly; enervation becomes established; natural immunization is lost, and the subject is buffeted about with every disease-producing influence.

WHAT IS THE CURE

What is the cure? Evidently, not giving good, nourishing food; for too much nourishing food is the cause of the ill-health. The correct treatment is either to fast the patient, or to put him on a restricted diet, such as fruits, salads, or any of the vegetables, except potatoes, dry beans and peas.

Overstimulation from food, alcoholics, overwrought emotions, or any influence on mind and body continued for an unreasonable length of time, brings on a sensitive state of the stomach, and constitutional derangements besides. The local effect of stimulants on the stomach is marked, and its symptoms should be known and corrected as soon as there are indications of development.

SYMPTOMS OF STOMACH DERANGEMENT

Symptoms: A sound stomach gives out no sensation except a feeling of well-being. An urgent demand for food, when common-sense should know that enough, and even too much, has already been taken, should be looked upon as an indication that the disease known as inebriety in consumers of alcoholics is beginning to be established, and anyone wise to his interest will call a halt and begin at once to retrench and reform.

An urgent desire for food following only a short time after a full meal should be looked upon as abnormal. Those troubled in that way will have many uncomfortable symptoms when running over the regular time for taking food. Some describe it as an all-gone feeling in the stomach; others, as a feeling of faintness, emptiness and gnawing; still others, as a feeling of irritability, crankiness, headache—the so-called "sick headache"—and despondency; and many are easily angered. A meal, a cup of coffee or tea, a drink of alcoholics of some kind, tobacco in some form, anodyne drugs, or whatever is the customary style of debauching, will bring relief; but it means the building of a nervous disease that will destroy the unfortunate victim.

FOOD-INEBRIETY

Much is said these days about food-inebriety, which is synonymous with neurasthenia. The roots of the disease reach back to nervous dyspepsia—to the beginning of food-drunkenness.

The first time an individual feels the slightest indication of discomfort at the pit of the stomach before or at mealtime, or any time between meals, or before retiring late in the evening, he should know that he is abusing his stomach, and should get busy in learning its true cause, so as to be able to put a stop to it, if he would avoid disagreeable symptoms of a more serious nature—perhaps chronic gastritis, ulceration or cancer.

DISEASES BUILT BY ABUSING THE STOMACH

It should be known that a part of those who abuse their stomachs build rheumatism; others, a general catarrhal state of the body; and still others, chronic bronchitis and tuberculosis; others develop all the nervous diseases imaginable, including neurasthenia and monomania.

The smoker, or the user of tobacco in any form, will find, as time runs on, that he is growing irritable; he may be able to cultivate enough hypocrisy to appear amiable in business, or when coming in contact with people in the general affairs of life, but his wife and children suffer. There are more of these food fiends than anyone knows; crimes of all kinds can be traced to this cause; divorces in abundance come from this crime; and the insane asylums are filled with minds that have been dethroned because of an abused stomach. The least of many of the causes is not tobacco, the opinion of many reputable physicians to the contrary notwithstanding.

NEUROSIS OF THE STOMACH

Wives will live for years in a state of suppressed irritation caused by a stomach neurosis; only the husband and children know that mother is nervous. Perhaps the husband is forceful and will have peace at all hazards; and, when this is true, outward manifestations of inward irritation are suppressed, and the dear little wife has an empty, weird, make-believe smile or laugh, and if she has occasion to express herself regarding her husband, she will tell of his good qualities, express satisfaction at his achievements, and smile her sweetest uncanny smiles. The hypocritical veneer is shallow indeed, but the cultivated suppression of emotions from years of practice has perfected her. Irritation and temper are passed as headaches, or small sick spells of some kind; her appetite is capricious; sometimes there is craving, again anorexia, and at other times nausea. A time comes when she has no relish for any food, unless it is prepared in some way to appeal to her morbid desire; for years she has had no relish for natural food; everything she eats must be made piquant. The end of all will be neurasthenia, or cancer of the breast, stomach or womb. She cannot often be brought back to normal; for she has not the patience to be taught a normal life. When it comes to eating, she really loathes the food that is best for her, and if persuaded to try to eat normally, after going for a few days without her accustomed stimulating food, she will feel that she is dropping down —her nerves are giving out—and she will lose in weight, which gives her much concern; all of which discourages her, and she knows she is on the wrong track.

DRUGS AND OPERATIONS APPEAL TO THE NEURASTHENIC

Regular medicine is peculiarly adapted to such cases; for such patients, as a rule, will stand for all sorts of abuse with drugs and operations. Why? Because drugs and operations cure (?) and place no restrictions on the patients; surgeons take all responsibility, when any responsibility is assumed. When these cases start on the surgical route, operating never ends until the patient is dead or she has nothing more to remove. Are they ever cured? Why should they be? The cause is seldom considered; and, when it is, the physician who proposes its consideration will be given short shrift; for the patient and her friends will have little patience with the *inanities* he proposes as cures. Such subjects have drifted so far from health and normal thinking that a rational curing system appears to them as the most irrational.

Few people know that deductive reasoning is as much a maker of correct digestion as it is a stimulator of brain-action. The masses of people who are living wrong, and perverting their nervous systems by heavily taxing themselves from overstimulation with food and drink, have no sympathy for real cures—they spurn a treatment that will cure them. This is the reason why a scienceless and senseless treatment, such as is offered by the drug profession, appeals to their understanding; or lack of understanding would more nearly express the truth.

Rational treatment appeals to the few—those who are living least irrationally.

CAUSE AND TREATMENT FOR NEUROSIS OF THE STOMACH

When stomach neurosis begins to manifest itself, those troubled with it should cut out coffee, tea, tobacco and alcoholics;

or if the habit of eating too fast is one of the errors of life, it must be stopped; if eating between meals or before going to bed is practiced, it must be stopped; if swallowing food too hot is a habit, it must be corrected; if eating half-baked bread is indulged in, it must be stopped. Possibly the very common habit of eating several starchy foods at a meal is practiced; for example, eating bread, potatoes, beans, rice, macaroni, pudding, cake, etc., all at one meal; if so, it should be stopped. A very common cause is eating too much condiments, spices, meat-dressings, pickles, etc. Eating bread with jam, jelly, preserves, butters and marmalades is a common cause of stomach trouble. Coffee-and-rolls is the route over which more stomachs have been ruined than any other. Rich dressings and high seasoning are leading causes.

CHAPTER II

SMALL EATERS

I'M THE smallest eater in the family," is often said by the stoutest member of the family. There are many causes for the disease known as obesity. One of the chief causes *is eating too much* of fat-producing foods. As a rule, fat people take any kind of food, so it is starch in combination with fat and sugar. As I stated in my previous chapter on food, the carbohydrates are conservators of protein; hence, when much starch and sugar are consumed, a much smaller amount of meat and other tissue-making foods is required.

WEAK HEART AND OBESITY

I have found that a weak heart usually accompanies excessive stoutness, and so common is this accompaniment that I have decided a weak heart is necessary. The weakness is due to enervation, and this enervation may come from many causes. A shock, uncontrollable emotions, stimulants, living in bad air, excesses of all kinds, have their influence on the heart; and when there is a predisposition to weak heart, it becomes established. Any organ with impaired function becomes the host of waste products. When the heart is weakened, deposits take place, further interfering with its function; and the weaker it gets, the stouter the individual becomes; and the stoutness is gradually added to by dropsy—a state where the tissues are all water-logged. When this transition is taking place, the patient really eats less than formerly and grows more stout, until he declares that he can live and grow fat on water—which is not far from the truth.

In extreme cases the diet should be fruit, until the patients are reduced in weight to within twenty-five pounds of normal; then they can be fed a full diet, leaving out bread, cereals, potatoes, and beans.

Enervation caused by coffee, tea, tobacco, and alcohol is liable to bring on this disease.

CAUSE AND CURE OF STOMACH COUGHS

I am frequently asked to prescribe for an annoying cough—a cough without other evidences of lung trouble. Such subjects are below normal in resistance; digestion is imperfect; more starch—breakfast foods, bread, and potatoes—is eaten than is properly digested; eructations of acid and gas from the stomach keep the throat irritable; hence the cough.

Stop all starchy food for a week; eat, for breakfast, cooked or raw fruits, also milk and cheese if desired; vegetable soup for dinner; meat and raw vegetable salad for supper. When well of the cough, eat starchy foods only *once a day*.

A CAUSE OF TUBERCULOSIS

Autotoxemia of years' standing, accompanied by a dry cough, is liable to develop into tuberculosis if a heavy cold be added and neglected, or feeding be done to keep up the patient's strength. Of course, bad air and enervating sexual habits may be the dominating causes that effectually stand between the patient and recovery.

When the nervous system is weakened, functional impairment is general. Those in this state are always autotoxemic. After this state is established, any excess lays stress on some particular nerve-center, with special impairment of the organ or organs especially controlled by the center.

The normal person is one who has his work, play, and eating well balanced, and has the resistance peculiar to health. It can be said that one in this ideal state is immune to disease-producing influences. But it would be well to remember that the immunization is not a fixed state that cannot be changed; for immunity lasts only until excess in some line brings on nerve-exhaustion.

FEW NORMAL PEOPLE

There are few normal persons. We have the conventionally good people—those who have no bad habits; which means that they do not drink, chew, snuff, smoke, or use alcoholics; neither do they use profane language. They meet the social requirement of God-fearing people. Yet they gormandize—eat excessively; few know what poise is; their emotional natures have no training; and, so far as lust is concerned, they go to the end of convention's tether—which is often far enough, and more degenerating than the results coming to those of less moral restrictions, and who practice the freedom of abandon.

THE MIND MAY BE DEBAUCHED

It is not uncommon for people, between thirty and sixty years of age, when applying to me for advice, to declare they have no bad habits. They mean, of course, that they do not use alcoholics or tobacco, nor break the Ten Commandments other than in a conventional way, and that they keep well within the requirements of convention on most vital questions. They do not appear to know that the laws of health hold them to a strict account as to how they indulge their privileges. There are people who are as physically and mentally debauched because of mentally breaking the Ten Commandments as they could possibly be by breaking them physically. It is a greater crime to the individual to think evil than to do evil. The former is a two-edged sword; it cuts two ways; it debauches, and gives no opportunity for reformatory influences. The most debased men are those who carry their gehennas in secret, until the seething mass breaks through restrictions and then consumes them with its violence.

DISEASE NEVER COMES WITHOUT A CAUSE

Disease never comes without a cause; and when a supposed *moral* man presents himself with a disease that cannot be brought on without more or less abandonment to health-destroying vices, and he is ten years younger than another who presents himself with a similar disease, and the latter has had the reputation of being a "regular rounder," I must decide that nature treats those kindlier who sin in the open.

The worst-debauched young men I ever see are those who live in a manner that stimulates their lustful natures—overstimulate themselves with food—and then succeed in controlling themselves physically, but, alas! allow their minds to run riot.

Uncontrolled emotions, lascivious longings, and overstimulating foods build such chronic diseases as paralysis.

The law of health should read: "Do no vice; think no vice!" Or it could be shortened to read: "*Think no evil!*" Of course, this is the quintessence of the commandments given to Moses.

It is strange that those who pretend to worship God put so much more stress upon the overt than the covert acts of men.

DEGENERATES

For an excessive type of those who degenerate under conventional restraint, I refer you to Rev. Richeson, Dr. Hyde, and others in their class. These people debauch their minds by excessive food stimulation; then their minds debauch their bodies. Their minds are first stimulated through their bodies; then later the bodies are overstimulated by morbid minds. At first the mental appetite is satisfied with a stimulation that is well within conventional requirements, *if not within the requirements of the commandments* on which all religions and social ethics must be founded; but with mental bad habits, the same as with all disease-producing habits, the morbid stimulation must be increased; and the more the stimulation is increased, the more morbid the mind becomes, until we see a fiend—a minister of Christ—a traitor to the Church Militant; a man who has become convinced that he is well within his rights when he takes the life of a beautiful young lady who loves him, and who has given him everything she could give except her life, simply because she stands in the way of his ambition to marry another girl who can bring him money and social position. This man's disease was sexual neurosis. Primarily he was overstimulated with food, which caused him to abuse himself mentally and physically by practicing onanism—a habit that builds lascivious thoughts; and when the mind has once formed the lascivious habit, how far it will force its victim into depravity, and in what direction, depends upon the victim's traits of character. Those ambitious for wealth and position will look upon every woman as their legitimate prey; she will be robbed of her virtue and her money, and then kicked out or killed, if necessary, to get her out of the way of other conquests. Every community is full of the skeletons of such conquests; and the more refined the society, the more exclusive the obsequies, whether the victim dies, suicides, or is murdered, and returned to earth, or if she lives and is buried in the minds of her friends. Fiends of less refinement are in the white-slave business, but the consequences are no more brutal.

Where society is shocked, as it was by the minister's exposure, or by Dr. Hyde's alleged attempt to rid the earth of a whole family, just for the money there was in it, the shock is from the exposure more than from the crime; as, in the Rosenthal case in New York, they were shocked because of police exposure rather than because of police criminality. Go back of all rottenness in domestic, church, social, and political life, to the kindergarten of crime, there disease-producing table habits and all social crimes, in miniature, will be found. Lascivious thoughts, followed by onanism, are the legitimate outcome of a sex precocity forced by overstimulating and unwise feeding. The church gives these victims a hothouse development and protection. With the church's cloak of hypocrisy the soul of such victims can be eaten out unobserved, except when by chance someone makes a coarse play, as did the preacher and doctor.

FOOD INFLUENCES DEGENERACY

Go back to the childhood of this preacher and doctor, and observe their mothers handing out lunches at any hour of the day; if the children do not eat to suit them, see them tempting their jaded appetites with jellies, jams, preserves, marmalades, honey, or sugar. There were pies, cakes, candies, chewing-gum, and other things to tempt them and build morbid desires.

PRENATAL INFLUENCES

If I have not started with this class of boys early enough to account for their degeneracy, I will go with the reader back to their conception, and there we will often find mothers rebellious at the thought that they must give up some cherished plan because the babies are coming. Possibly these mothers did all they could—all they knew—to kill or destroy their conceptions, and it may be that the seeds of murder were planted in the souls of these children in embryo. We do not know, but it is logically possible that the seeds of lust were sown when these mothers were *enceinte.* Many mothers are not allowed to live continent lives, and as a result their children are cursed before birth. This can be done without going beyond the requirements of convention.

Was Rev. Richeson in a class by himself? Why should he be? How many ministers' mothers have been allowed to live normally during their pregnancies? How many have not stuffed during that period, thinking it necessary to eat for two? How many have not thought it necessary to nurse their children every time they cried, or, if they did not cry often enough, awaken them to nurse; and, when they were old enough to run about and go to school, feed them as often as a gradually growing morbid appetite demands? And when indigestion from an oversupply of food took place, how many have not sent for doctors who prescribed anodynes, thus initiating the delicate nervous systems into drug stimulation? When these food-poisoned children developed enuresis (incontinence of urine), the doctor was called and prescribed one or two, or one after another, of the following drugs: cantharides, belladonna, ergot, rhus, compound syrup of the hypophosphites, syrup of the iodide of iron, arsenic, strychnine, nux vomica, agrimonia, hydrangea, tonics and restoratives, and—neither last nor least—the bromides. It may have been necessary to call a representative of the three drug schools before all the aforementioned drugs were *tried,* and then not until all the operations necessary and unnecessary were performed. All this drugging and surgery failed to correct the cause; and, of course, the disease continued; for the stuffing at mealtime and between meals continued. In addition to an irritable bladder, these children were restless at night, kicking the bed-covering off, grinding their teeth, and having bad dreams. They suffered from gastritis and the usual children's diseases; catarrh was common and catching cold frequent; restless nights were aggravated by enlarged tonsils and adenoids. By the time these children were twelve years old, they had learned enough to know their relationship to the sex question. Children who are forced from overstimulation into premature sex-development are always precocious in their understanding of the subject. Many dear, innocent parents would be terribly shocked if they knew how wise their twelve-year-old son or daughter is on the sex question; for few people realize that the maturation of the reproductive functions causes a sudden leaping-forward of a mental understanding to correspond. For fathers, mothers, and teachers to give children knowledge of the sex-function in advance of sex-development is as impossible as to teach a bird to fly before it has wings. The only education parents, teachers, and doctors can impart to children along this line is to teach them to live so that they will not be forced into sexual precocity; for precocity is a form of disease that affects both body and mind.

SELF-ABUSE IN EARLY LIFE

At twelve years of age, or soon after, if not before, children belonging to the class of whom I am writing begin to practice onanism. Any teachers, guardians, and parents with educated perceptions can detect the effect of this habit. The children are unable to look into the eyes of those with whom they are talking; for enervating habits convert them into liars. The most perfected liars are those who begin early in life to lie to their God. They are forced beyond their understanding to pray to God, and learn to make promises to Him which, in spite of the "fear of God" that they are taught, they learn to break as readily as they break their promises to their young friends. Little by little these sexually precocious boys—made precocious by hothouse methods of over-stimulation—learn to break all their pledges to their God, and lie to Him until they have a callosity of conscience that is ready to meet without a qualm any crime that is necessary to further their morbid or diseased ambitions. It should be known that when a human being has developed great familiarity with his God—when he has come into an understanding with his God and caused Him to see that he loves Him even though he does not always act as he should—he is in line for committing any crime without conscience; for he can excuse himself with his God. But, in so far as social law and order is concerned, all he needs to do is to hide his acts to evade punishment. The psychological status of such men as Richeson is that of theo-egomania.

The preacher and the doctor, whom I am using as types of psychological disease in this article on food, are different. The preacher is an extreme type of paralysis—anesthesia—of conscience. He was a bright fellow, forced into precocious physical and mental development by the manner of his bringing up. His sensual nature was stimulated by wrong habits of living to such an extent that he was driven to the limit of his conscience every day of his life; and the fact that he could make as many conquests as he liked, and "get away with them," without let or hindrance from God or man, developed in him the idea that mankind was made for him to exploit or prey upon; and as God had tolerated his misdeeds from childhood, and had especially favored him with unusual mental and physical power and development, and had not punished him as he himself believed he was entitled to be punished, he naturally evolved into a moral pirate, dominated by a sexperversity which completely annihilated conscience. No doubt he began to abuse his conscience so early in life that it failed to develop, and the last years of his life were spent in a state not much above that of a moral idiot.

HOMICIDAL EGOMANIA

As a child the doctor probably received much the same treatment. While his crimes have been of a similar nature, he probably has been a greater villain. He probably played with human life until it had no more value to him than the hog and the ox have to the professional butcher. There are thousands of professional men who have played with human health and life so long that clients—human beings—applying for relief and cure, are looked upon as material vouchsafed to them for exploiting purposes. There are good, honest, conscientious physicians, but the professional exploiter is like a certain adversary spoken of in the Bible (Pet. 5:8), who "walketh about seeking whom he may devour," and to escape him requires more *intelligence* and *vigilance* than the average individual possesses.

HUMAN LIFE CHEAP

After human life becomes so cheap, the wholesale slaughter of a whole kindred is simply a question of personal safety and expediency. One life or a dozen—it matters not how many; the real question is: How many are there in the way of the man with the diseased ambition? This man was a sexual neurotic: selfish, ambitious, and born without any sense of proportion. The highest law of which such characters can conceive is self-gratification, to the exclusion of others' rights. It is my opinion that such men dissipate to such an extent that they develop a central lesion, and at the time such crimes were committed as were alleged of Dr.

Hyde he was in a true state of homicidal monomania, and to what degree he was responsible was a question hard to determine, if it could be determined at all. There is no question in my mind, if the papers can be relied upon, that he is as deserving of capital punishment as the preacher was, and the only reason why there was more mental responsibility in the one who was executed was because he had not debauched long enough to bring on the mental impotency that characterized the Missourian's mental activities. Both were infectious and contagious, and if it were possible to know such characters before they *run amuck*, and save them from themselves, and society from them, it would be a blessing.

These sensualists can be cured if they care to be; but, like the victims of bad habits generally, they hope to cure themselves some day; but that day never comes.

This man should have been kept away from meat, except lamb, chicken, fish, or eggs, which he should have eaten not oftener than three times a week, and his bread supply should have been limited to four ounces of whole-wheat bread once each day; and, as for other foods, he should have eaten freely of fruit and raw vegetable salads. After a diet of this character had removed his irritations—or allowed his irritations to pass away, I would better say—then once or twice a week he could have indulged in what is commonly called a square meal. Such temperaments must avoid overstimulation. No alcoholics; and foods made from the decidedly starchy products—such as grains, potatoes, dry beans, and peas—should be limited to once a day. It is a mistake to give meat to children out of whom such men grow. One soft-boiled egg a day should be the limit until fifteen years of age. Up to this age such boys should have fruit for one meal—a fruit meal; bread, potatoes, beans, or rice and milk, for the other two meals, with fresh vegetables and salads. Positively no feeding between meals. When such children are well, they can have for lunch sponge or other plain cake, and ice cream; milk and custard pie; cup-custard, fruit, and milk; fruit, raw or cooked, with cottage or other cheese; one slice of pie, fruit, and milk; toasted bread and butter, with vegetable soup; or follow the bread and butter with a glass of milk, if desired.

PANCAKES AND WAFFLES

There is no objection to feeding these children, say twice a week, a well-made pancake or waffle, butter and syrup, followed with milk. No coffee or tea; once or twice a week chocolate or cocoa, and teakettle or cambric tea after meals as often as desired. If there is craving for candy, two ounces can be eaten with the lunches above suggested; or if there is an ungovernable desire for candy, give the child all he wants for lunch or dinner, and follow with milk—nothing more. In winter, two ounces of raisins, figs, or dates can be eaten at breakfast or lunch, with bread, biscuit, or toast, butter and milk. Honey and biscuit twice a week for breakfast. Corn bread once a week. Oatmeal porridge, without sugar, twice a week.

WHEN TO ALLOW SOFT DRINKS

When shall boys have cider, lemonade, pop, etc.? Cider and lemonade can be given at the fruit, cheese, and milk meals. Boys (as well as girls) will like the juice of half a lemon in a glass of milk sweetened with sugar; beat the mixture with an egg-beater. Almost any fruit juice and milk make a tasty beverage for children. One-third grape juice and two-thirds clabber, beaten with an egg-beater, will make almost any boy wink his other eye. One or two tablespoonfuls of any jelly, heated enough to liquefy, and then stirred into clabber, buttermilk, or fresh milk, make a fine beverage as well as food, also cider one-third and milk two-thirds. Don't forget that if this fruit and milk is taken at a meal at which starch is eaten, you should not be surprised at the pain it may cause. Baked apples or apple sauce, with clabber-milk, and sugar enough to sweeten, is better than the fruit and sweet milk. Milk or cheese and fruit go well together; but if starchy foods be added, look out for gastritis, throat disease, and lung derangements when such mixtures are eaten daily.

TO AVOID CRIME

Children must be fed, clothed, and housed right, if society would avoid building crime. Nervous irritations and mental perversions originate in gastro-intestinal derangements brought on from foods improperly prepared and wrongly combined, plus bad air, improper clothing, and poor discipline.

MENUS FOR JANUARY

Before itemizing menus for January, I wish to say that I am suggesting these meals for people who are well, and who wish to live in a simple manner in order to stay well and enjoy their greatest efficiency.

People who eat too much must sooner or later be sick and die prematurely. If they do not give up life, they will be compelled to live with defective organs and lose the use of important parts of their body. For example, they may lose an eye, or become deaf, or lose the use of an arm or leg, or both; or become so paralyzed as to inhibit locomotion entirely; and, worse yet, lose half or more of mental efficiency.

DISEASE CAN NOT BE CURED BY FOOD

I do not wish the sick, or those with impaired health, to adopt these meals with the idea that to do so will cure them. *I* *wish it understood by all my readers that I do not pretend to cure disease with food or any peculiar diet scheme. There is no food, nor food combination, that will cure anything.* The sick must be put right in body and mind.

By correcting errors of life and withholding food, or feeding lightly and of simple foods, nature will be aided in her incessant effort at keeping a physiological balance—which is another name for health. After health is established by simple eating, and avoiding too much mixing and eating too much of staple foods, or rich, highly seasoned foods, health can be maintained. Fasting does not cure, but it gives nature an opportunity to clean house; after which the real cure can be made by eating in a way not to overtax the organism.

I believe in all foods; not that all should be eaten at once, but that, when wisely selected and properly combined, none should disagree, when the intake is not too great.

JANUARY 1.

Breakfast: Those who are going to have an extra or unusual dinner, and are under thirty-five years of age, may have biscuits, butter, honey, and teakettle tea (one-third milk, two-thirds boiling water, and sugar to taste); or baked apples, sugar, and cream, with cottage cheese or buttermilk; or oatmeal, well cooked, with milk (half cream).

Those over thirty-five may have one cup of teakettle tea, followed with a cup of coffee, sugar, and cream. No other food.

Lunch: The first class should follow the biscuit or oatmeal breakfast with a lunch of fruit, milk, and cheese. The second class may follow their breakfast with a lunch of toasted bread, butter, and teakettle tea; or a simple lunch of one or two glasses of clabber or buttermilk, and a little fruit; apples, raw or baked, with an ounce or two of raisins.

Dinner: Raw, broiled, or stewed oysters; celery, sweet pickled cucumbers, ripe or green olives; turkey, cranberry sauce, or apples quartered and baked with the turkey; gravy thickened with giblets—no flour; vegetable salad; two cooked vegetables, selecting from the list given in footnote;* fruits, nuts, candies, cheese, prune-whip, cup-custard or ice-cream; if desired, a small glass of grape juice, or one-third of a glass of grape juice with two-thirds glass of clabber or buttermilk thoroughly mixed; claret, or a cup of gloria or black coffee, or coffee with cream and sugar.

This dinner may be eaten in the middle of the day, if desired, and then no more eating until the next morning.

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*Asparagus, string beans, beets, cabbage, carrots, cauliflower, celery, corn, cucumbers, summer squash, egg plant, endive (stewed), greens, okra, onions, oyster plant, parsnips, green peas, spinach, turnips, and kohlrabi. These are what I am pleased to call non-starchy vegetables.

Cook the vegetables as follows: Prepare as usual and put to cook with a very little water, so that when tender there will not be a surplus of fluid to empty off. It is an indication of ignorance of the simplest principles of chemistry for a cook or housewife to stew vegetables in a lot of water and then empty the water off; the most stupid person should know that the best, or nutritious, part of the food must be lost in such cooking.

Seasoning should be done by those who eat. Salt, butter, or cream is the usual dressing. Turnips and carrots, turnips and parsnips, onions and spinach, cabbage and endive, are a few vegetables that may be cooked together to advantage; and, when served, if they lack in sweetness, a small amount of sugar may be added; this, however, will not often be necessary, if the vegetables are cooked right and not water-logged. Steam-cooking and cooking in a fireless cooker are quite satisfactory.

JANUARY 2.

Breakfast: Fruit and milk or teakettle tea.

Lunch: Toasted bread, butter, and glass of milk.

Dinner: Cold or warmed-over turkey, cranberry sauce; two cooked, non-starchy vegetables, and a salad; hot water, milk or teakettle tea.

JANUARY 3.

Breakfast: A well-made and well-baked biscuit, butter and honey; follow with teakettle tea.

Lunch: Cheese, two ounces of raisins; or a dish of prunes with cream (half milk), and one or two glasses of clabber or buttermilk.

Dinner: Steak or beef stew, two cooked non-starchy vegetables, and a combination salad.

JANUARY 4.

Breakfast: Biscuit, broiled bacon, or honey, and teakettle tea.

Lunch: Vegetable soup and two ounces of cream cheese.

Dinner: Baked potato, salad, and non-starchy* vegetables. Dessert: ice cream or a cup of custard.

JANUARY 5.

Breakfast: Toasted bread and butter, honey, and teakettle tea.

Lunch: Baked apples, cup of custard, and glass of milk.

Dinner: Vegetable soup, lamb stew, stewed turnips, carrots, and slaw.

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* See footnote, page 32.

JANUARY 6.

Breakfast: Run the meat of the left-over lamb stew through a vegetable mill or meat-grinder; also as much cold potato and other vegetables as there is meat; add a small bit of onion. If there is not much fat with the meat, add a little butter or olive oil, and, after mixing thoroughly, put the mixture in a baking-pan and bake to a crisp brown. Either precede or follow with baked apples or jelly and cream; teakettle tea.

Lunch: Fruit and a glass or two of clabber or buttermilk.

Dinner: Baked beans and vegetable salad.

JANUARY 7.

Breakfast: Biscuit, butter, honey, and teakettle tea.

Lunch: Fruit, cheese, and milk.

Dinner: Chops or Hamburg steak, stewed onions, celery, and combination salad.

JANUARY 8.

Breakfast: Well-cooked oatmeal, salt, and milk (half cream).

Lunch: Fruit, cheese, and milk.

Dinner: Macaroni and cheese; cooked, non-starchy vegetables; and salad.

JANUARY 9.

Breakfast: Biscuit, butter, honey, teakettle tea.

Lunch: Vegetable soup, or fruit, and two ounces of cheese.

Dinner: Roast beef, two cooked non-starchy vegetables, and salad.

JANUARY 10.

Breakfast: One soft-boiled or baked egg, one slice of broiled breakfast bacon, corn bread, and teakettle tea.

Lunch: One or two glasses of clabber or buttermilk, or fruit.

Dinner: Rice pudding, American cream cheese, glass of milk, and nuts.

JANUARY 11.

Breakfast: Baked apples, cream (half milk), sugar, teakettle tea, or milk.

Lunch: Oyster stew and vegetable salad.

Dinner: Sweet or Irish potatoes, two soft-boiled eggs, bacon, and buttermilk.

JANUARY 12.

Breakfast: Muffins (whole-wheat, corn or graham), butter, syrup, and milk or teakettle tea.

Lunch: Tomato soup, cheese, and milk.

Dinner: Roast beef or baked potatoes, cauliflower, spinach or onions, and salad.

JANUARY 13.

Breakfast: Raisins, pecans, and milk, or baked apples and milk.

Lunch: Toasted bread, butter, and glass of milk.

Dinner: Baked fish, two cooked non-starchy vegetables, and salad.

JANUARY 14.

Breakfast: Biscuit, butter, honey, and milk.

Lunch: Candy, raisins, cheese, and milk.

Dinner: Stewed navy beans, spinach or onions, stewed celery, and vegetable salad.

JANUARY 15.

Breakfast: Baked apples, sugar and cream, glass of milk.

Dinner: Roast lamb, canned peas, corn, mixed sweet pickles, salad or slaw. Dessert: seeded prunes and whipped cream. For Sunday dinner.

Supper: Toasted bread, butter, and glass of milk.

Those who will use these menus as a guide in combining foods may, at the end of this list, go back to January 2 and begin over.

When the weather is zero and colder, those who wish may have some form of pork twice a week for dinner. People living where fish and game are plentiful may substitute these meats for those I have suggested. Those who do not eat meat may substitute nuts.

Slaw and fruit salads may be substituted for the vegetable salads when the vegetables can not be had.

Salad can be made of lettuce, tomato (canned or fresh), and celery; or endive, celery, and tomato or grapes; or endive, lettuce, tomato, and cucumber; dress with onion or garlic, salt, oil, and lemon juice.

CHAPTER III

I BELIEVE IN ALL FOODS

IN THE preceding chapter I endeavored to give compatible menus for the first fifteen days of the month. Moderation in eating was the principal idea in mind; I had no notion whatever of attempting to please any class of people. My desire was to furnish menus for that class who do not live to eat, neither do they live to starve.

DIETING IS FOR THOSE WHO HAVE SURFEITED

I want it distinctly understood that I believe in all foods; I do not believe that any style of eating has the divine right-of-way over all others; I do not believe in man's infallibility on the subject of food and eating, any more than I do on any other subject. Dieting is for those who have surfeited and who have become wise through the suffering produced by food-poisoning.

When man is well in body and mind, he can eat anything and everything without a qualm; but if he desires to stay well, he will not do so often. Habitual stuffing to satiety means disease.

"Of every tree" (food) "of the garden" (world) "thou mayest freely eat; but of the tree of the knowledge of good and evil thou shalt not eat of it:" (Eat of *every tree*, but not to the extent of experiencing good and evil; for such knowledge means that disease has come.) "for in the day that thou eatest" (experience evil results from eating) "thou shalt surely die."

There has been much haggling over the meaning of the sixteenth and seventeenth verses of the second chapter of Genesis—more than necessary; and probably a desire to criticise and find fault has egged the critics on as much as anything else.

THE CRIME OF OVEREATING

Man was advised to eat of *every tree*, every food, but not to the extent of awakening his knowledge of the good and evil of eating. The crime of eating is in making a god of the belly—becoming discriminating. The day that man becomes an epicure he shall die—his consciousness of well-being shall die.

We see people daily who are cursed with the knowledge that food disagrees with them; and often this *knowledge* is more of a disease than the disease itself. It is easier to cure diseases of the body than diseases of the mind, especially when the principal derangement is a fear of, and a belief in, being sick.

THE YOUNG MAY EAT MORE THAN THE OLD

People past middle life should not eat as much as those who are younger. However, there are men fifty years of age who are younger, and have more resistance, than many who are thirty-five years old.

The reason for suggesting the menus for January 1 was because people generally have an unusual dinner on this day.

Those past the prime of life should not eat more than one hearty meal a day—such meals as are served on "state occasions."

The young should learn to eat of all foods, but not to the extent of knowing the evils of overeating; for that is eating of the tree of knowledge, and the penalty is premature death.

WHEN BREAKFAST SHOULD BE LIGHT

The breakfast for January 2, following a hearty dinner the night before, should be light; and those getting up with a bad taste in the mouth, coated tongue, slight headache, or a dull heaviness, should not eat breakfast. Instructions for this class will be given farther on. Those who get up feeling fine should eat a light breakfast, notwithstanding they may be as "hungry as a bear." It should be common knowledge that an unreasonable desire for food, when meals are taken with regularity as to time, is an indication that the individual is abusing himself with food—overeating—and is building an appetite which is in keeping wth the inebriate's thirst.

A normal desire for food does not come as an imperative demand; food can be taken with a relish, or gone without with no inconvenience. A driving demand for food, when meals are being taken with regularity, should be viewed with suspicion; a desire that cannot be satisfied, even after enough is already eaten to bring on feelings of discomfort, should be understood as a symptom of gluttony, and eating should be controlled, or disease must soon follow.

WHEN NOT TO EAT

If discomfort or symptoms of indigestion follow a hearty meal, no more eating should be indulged in until the symptoms have passed away, even if three or more meals must be missed. When going without food, water, either hot or cold, should be taken every hour or two, except at night, until eating can be resumed.

The lunch for January 3 may be changed, if desired, to toasted bread[1] and butter, followed by a glass of milk; or a plate or two of vegetable soup[2] may be eaten without other food.

Inasmuch as decidedly starchy[3] foods were eaten only once each of the two preceding days, on January 4 biscuit[1] is recommended for breakfast, and baked potato[5] for the evening meal, leaving out meat.

On January 5 meat was eaten three times—egg for breakfast and lamb stew for dinner. Eggs and custard must always be recognized as meat, and cake is classed with bread.

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[1] These figures refer to numbers in last part of this chapter.

The left-over lamb stew can be made into hash[4] for breakfast January 6. Inasmuch as meat was recommended three times the day before, baked beans[6] are advised for this day's dinner in place of meat. Macaroni, rice, dry peas, hominy, or corn bread may be substituted for baked beans. When any of these articles of food are selected, only one should be eaten at a meal, and the meal should consist mainly of it. Corn bread, butter, and milk; honey may be added if desired, but nothing more; for corn bread taxes digestion severely, and when eaten it should be eaten almost alone. This also holds true of the other decidedly starchy foods. A vegetable salad with one cooked non-starchy[7] vegetable may be eaten with any one of the decidedly starchy foods. When there is a sluggish or constipated state of the bowels, the salad may be left out, and thoroughly cooked onions or spinach substituted because of the laxative effect of these latter vegetables. The more thoroughly vegetables are cooked, the better their action on the bowels; butter or oil adds to the laxative effects of all vegetables. Salads[8] are constipating, except when olive oil renders them indigestible; then the undigested vegetables will be observed in the stools. When digestion is normal and the liver active, the bowels will be regular, and they will not be made sluggish by raw vegetables, unless these foods are eaten to the exclusion of other foods.

If the eating of beans for dinner January 6 was too hearty, and the sleep was more or less broken the night following, the breakfast next morning should have been a baked apple, dressed with milk (half cream) followed with teakettle tea, or perhaps no breakfast at all. The breakfast recommended for that morning presupposed moderate eating the day before, and especially for the evening meal. Beans are so hearty that, when eaten to repletion, nothing should be taken for the following breakfast, and lunch should be light — a glass of buttermilk; and then a reasonable dinner, such as suggested for that day. If any of the careless readers ate as suggested for January 6 and 7 and ate full meals, they must have felt old and tired by January 8, and should have taken the juice of a lemon in water every three hours, and nothing more until January 9.

The moderate eater will have no trouble with the meals recommended, and will be ready for oatmeal for breakfast on January 8. When oatmeal is eaten with sugar and cream, eggs, bread and butter, for breakfast, look out for a knocked-out stomach; and if such eating be indulged in as a regular habit, permanent ill-health will be established. It is said that the Scotch thrive on oatmeal; so would Americans if they ate as the Scotch eat. There is a great difference between an oatmeal porridge breakfast, such as the Scotch eat, and the Yankee breakfast of oatmeal, sugar and cream, meat and eggs, rolls and coffee.

If oatmeal is to be eaten in the American style for January 8, the evening meal should be meat and salad in place of macaroni.

Starch was suggested for breakfast and dinner for January 8; hence, only once for January 9. If the eating of these foods was too hearty, starch should have been dropped entirely from the three meals on the ninth; only teakettle tea for breakfast; then digestion would have been ready for the hearty meal recommended for January 10, and the starch dinner.

January 10 and 11 a little meat was recommended: on the tenth, one egg, and, on the eleventh, an oyster stew for lunch and two eggs with the dinner. With this dinner egg custard was ordered; but people troubled with what is known as biliousness—sluggish liver—should not eat eggs and custard at the same meal; neither should milk and meat be eaten at the same meal; and, as eggs are meat, the rule must hold with them. Those with sound digestion may eat such combinations, but those who are troubled with weakened digestive function from imprudent eating, or from the enervating influences peculiar to anxiety, such as borrowing trouble, giving way to temper, envy, or jealousy, must be careful not to eat too much of anything; I have found they do not do well on custards of any kind, and one egg at a meal is not so liable to precipitate an attack of indigestion as two. Extreme types of reflex or mental dyspepsia, with sluggish liver, can't eat even one egg without trouble.

DISCONTENT AND ITS INFLUENCE

It is impossible to correct digestive troubles so long as an individual lives in an atmosphere of discontent; all that can be done is to palliate by selecting foods and food combinations that offer the least tax to the digestive functions. When these people are persuaded to believe that food has nothing to do with their bad feelings, and they recklessly eat anything and everything, they certainly become very miserable. There are doctors as well as laymen who declare to these people: "What you eat has nothing to do with your ill feelings." Such reasoning is lacking in common-sense; as well declare that using a broken leg has nothing to do with the discomfort that accompanies and follows its use; that the real trouble with the leg is that the bone is broken; that using it has nothing to do with the disease at all, for before it was broken there never was any discomfort whatever from its use. There is a world of such reasoning on the subject of diet.

Almost daily I am told, by someone, of the many articles of food that disagree with him, and then he adds that at times these foods agree. The reason for this is that the mind is better poised at one time than at another and there is more nerve energy than usual. Whatever the general opinion, I know that these patients can be made comparatively comfortable when taught to suit their eating to their moods.

January 12, muffins, butter, syrup, and milk were recommended for breakfast. Muffins, when properly made and thoroughly baked, make a splendid meal. People who are well and mentally poised may eat, *with impunity*, muffins or cakes, pork sausage, and coffee for breakfast; but I would not recommend such breakfasts oftener than twice a week during cold weather, and not at all in warm weather, even for the robust and strong. Such food should be accompanied with much exercise and fresh air. An apple[9] or orange may be eaten at lunch following such a breakfast, and one decidedly starchy food with non-starchy vegetables and salad for dinner; say, navy beans, potatoes, or corn bread.

OFFICE PEOPLE AND THOSE OF FEEBLE DIGESTION

Office or indoor people would better eat the menus suggested for the twelfth; and, as the morning and evening meals contained starch, starch was left out of the breakfast on the morning of the thirteenth, and sweet fruit, nuts, and milk suggested. People with feeble digestive power should leave the nuts out of this meal, and they should not take milk with nuts, when many are eaten; for nuts rank with meat. Those who are in full health should get all the nourishment they need from the food named in the three menus.

The menus suggested for the fourteenth and fifteenth, with fish substituted for meat for two days in the week, and one of the other decidedly starchy foods substituted for the navy beans for the other two dinners, would make a most excellent routine for the entire winter season.

The menus for January 15 make good Sunday eating. The meats and vegetables may be changed about to suit the taste. Each

Sunday's menus should be made up of one or two light meals; the dinner should be the main, and almost the only, meal for the day.

When man has eaten too much of the tree of knowledge, or when he has eaten more than enough of all the trees and has learned of disease, his teeth and lips will begin to show a slight incrustation, with the merest taint to his breath, and bad taste in his mouth. Then, should he be wise, he will begin at once to correct his dietetic errors so as to prevent the development of serious diseases; and if it were not for the eating habits that he has developed—which means that his nervous system has become habituated to unusual stimulation and requires a trained will-force to break away—he would reform; but the thraldom of habit is more feared than death when will is dead. From this beginning, catarrh, colitis, appendicitis, and many other diseases are built. These slight symptoms of the mouth, when getting up in the morning, point to a gradual developing enervation and autotoxemia, and unless the cause is removed (and the cause is eating more than can be properly handled by the digestive and assimilative organs), disease will surely follow.

MOUTH SYMPTOMS OF INDIGESTION

The proper thing to do, when these mouth symptoms develop, is to take a cup or two of teakettle tea (one-third milk, two-thirds boiling water, and sugar to sweeten to taste); nothing more until noon; and then either fruit or toasted bread and butter, followed by a glass of whole milk, sipped slowly; then a regulation dinner in the evening, being careful not to eat too much.

When wrong eating is continued after the symptoms referred to have put in an appearance, the lips, teeth, and tongue become more and more incrustated, the breath becomes more and more malodorous, and various discomforts of the stomach develop. At first there will be a slight feeling of emptiness, which passes off quickly.

This symptom gradually becomes more and more severe until it amounts to suffering. The patient soon learns to relieve the irritation by eating a little food of any kind. This condition of the stomach will cause some people to eat their regular meals a little earlier; others will eat fruit, candy, or some sort of a lunch between meals. The more relief bought in this way, the more suffering; for such habits add to the stomach derangement; and the more the stomach is deranged, the more relief is sought in eating, drinking and the use of stimulants, until there is a chronic gastritis, ulceration, or cancer; or perhaps the irritation may lead off into a fully developed neurasthenia; or, because of individual peculiarities, or various inherited weaknesses, other forms of disease, acute or chronic, may develop, and ruin, if not destroy, life.

SELF-POISONING

After a foul mouth and breath are once developed, the mouth and teeth incrustations and the poisonous gas become sources of self-poisoning. A patient in this state should be extremely careful not to swallow, on getting up in the morning, until the mouth has been thoroughly cleansed; for these products of disease are very poisonous, and unless those suffering in this way understand how to take care of themselves, they can easily keep themselves poisoned. I frequently have patients who, unless instructed in the need of mouth-cleanliness, keep their digestive organs upset by washing foul mouth-secretions into their stomachs with their meals, especially the first meal of the day. These patients may be put on a perfect diet, or one well suited to them; yet, on account of the foul mouth-exudates, the food rapidly decomposes, and if this fact is not known, it will be condemned as unsuitable.

Many individuals change from one article of food to another, in a frantic endeavor to find something that will agree with them.

At times everything they eat agrees, and at other times nothing agrees. The causes are many; the following are a few: foul mouth-secretions; foul state of the stomach; ulcerating gums, as seen in pyorrhea; post-nasal catarrh; excessive eating; improper eating; bad food combinations; eating too rapidly; drinking too much; drinking too little; giving way to temper; worry, jealousy; eating when tired; sexual excess; sleeping in badly ventilated rooms; the use of tobacco, alcohol, opium, morphine, and other drugs. Derangements of the central nervous system also cause gastric symptoms.

THE MEANING OF A FOUL MOUTH

A foul mouth nearly always means a foul stomach. When the stomach is taxed beyond its digestive capacity, the symptoms will range all the way from a slight feeling of fullness to eructations of foul-smelling gas, and an acid, bitter, or greasy liquid that causes the throat to sting, burn, and feel uncomfortable. When this latter condition acutely develops in babies and children, look out for gastritis, tonsilitis, diphtheria, scarlet fever, measles, and even smallpox, when the atmospheric and local environments are favorable.

STOMACH FOUL

Those with a foul stomach, evinced by bad breath, dry lips, and coated tongue, should wash the mouth and teeth thoroughly; then drink as much cold water as possible—a pint is little enough. If in summer-time, a little fruit can be taken in the morning and at noon; then, if the day has been spent in comfort, an evening dinner may be eaten, selecting from the menus I shall give when I take up summer eating. But when the time is winter and the weather is cold, breakfast must not consist of more than two cups of teakettle tea, and, for lunch, a plate or two of vegetable soup; then, if the day has been spent in comfort, an evening dinner, selected from the dinner menus given in Chapter II, may be eaten; but the mouth must be thoroughly cleansed before and after eating. When the patient is conscious of a foul stomach all day, he must not take anything into the stomach except water, which should be taken freely every hour or two.

When the indigestion is in the intestines, the gas from the bowels will be foul; often much mucus will be discharged; perhaps pain, and always much gas distention, with constipation or diarrhea. These patients must avoid the decidedly starchy foods, and otherwise care for themselves as recommended for those with stomach derangement.

Ulceration of the gums must be cared for in a way to prevent swallowing the exudation as much as possible. Very soft toothbrushes are to be used with soap and water before and after eating. Perfect cleanliness and moderate eating will cure the disease.

POST-NASAL CATARRH

Post-nasal catarrh must be cured by correcting the bad habits that have brought on enervation and autotoxemia, which in turn have brought on gastric and other derangement.

The habit of swallowing the secretions that drop into the throat must be stopped. Exercise and cold bathing must be established as a *daily habit for life*, and decidedly starchy foods and meat are not to be eaten oftener than once a day, and then not at the same meal; bread at noon, or for breakfast, and meat in the evening meal; fruit for breakfast or lunch. Little or no sugar until the catarrh is cured.

Excessive eating means eating all that can be taken at each meal.

Improper eating means eating meat, bread, and other staple foods three times a day.

Bad combinations mean fruit, meat or eggs, and bread for breakfast; meat, potatoes, bread, fruit, and desserts for dinner.

Rapid eating means getting the food into the stomach without proper mouthing. Decidedly starchy foods should be thoroughly insalivated, but other foods need not receive so much attention. What is known as "fletcherizing" is a fad or cult which is better than its antithesis, but both are extremes that are not free from evil consequences. There are people who can be injured by too much mouthing, and there are many who are injured by too little.

Too much and too little drinking at mealtime is possible. Those with excessive flow of saliva and too much gastric secretion should avoid "fletcherizing," and liquids should not be drunk during, and for three hours after, eating; those with little mouth secretions should masticate thoroughly and, when through eating, drink freely of hot water or teakettle tea in the winter-time, and in the summer-time cold water, if desired. These people should also drink before meals.

WHEN TO DRINK LEMONADE

Lemonade should not be used in the winter-time, and not at all after, or with, a meal in which pronouncedly starchy foods are eaten.

THE EFFECTS OF ILL TEMPER

Those who have developed ill temper must have digestive disturbances; but they really suffer less than those who are the daily victims of their miserable habits. Wives can't retain health, nor get well when energy is destroyed by being forced to live in a domestic atmosphere of wrangling and fault-finding. Nagging wives and husbands have the power of ruining the health of their families.

One cranky, never-pleased individual in a household is quite enough to ruin the happiness of the family; and when happiness is ruined, digestion is ruined; the most carefully selected diet will not prevent indigestion and its evil consequences. I am consulted by wives who have been the victims of from one to five operations, having had important organs removed because said organs were suffering from reflex irritations, or irritations caused by pressure from gas or constipation; their silly, medical asses being too ignorant of the effects of continuous gastro-intestinal irritation to know that all the direct and indirect symptoms that their patients suffered were due to digestive disturbances, and that, if there were any organic derangements, the removal of the organs could do no more than remove the effects, and have no influence on the cause whatever.

Jealousy is a form of the worst worry. Perfect digestion is entirely out of the question so long as jealousy exists. Victims of jealousy are going to the hospitals for all sorts of operations. But the surgeon can't possibly cut out the cause; he may remove a few effects here and there, but there is but one cure, and that is to remove the cause of jealousy, if possible. Jealousy often needs no cause to bring it into manifestation. It is more common to those enervated than others; hence, those afflicted should endeavor to improve their general health.

Sexual excess brings on indigestion or gastric derangements by exhausting nerve energy, and those who are predisposed to tuberculosis or other chronic diseases will soon drift into them. When the nerve energy is used up, almost any food will disagree.

Impure air habitually taken into the lungs is sure to derange digestion, it matters not if the eating be good or bad.

Tobacco, alcohol, opium, morphine, and drugs generally bring on more or less gastric disturbance, and the longer they are used, the more impaired digestion becomes.

FORMULAS FOR BREAD

1. *Bread:* To a quart of white flour add salt sufficient; a heaping teaspoonful of baking-powder; two tablespoonfuls of melted butter; make into a dough with unskimmed milk. Bake in the form of a loaf or biscuit. When baked, allow the bread to cool; then slice and return to the oven and toast; or, if made into biscuits, when they come from the oven they should not be more than an inch thick, baked to a good crisp crust, bottom and top. The left-over biscuits can be split and toasted for future eating.

To make good bread, all the elements comprising it must be pure; and if they are not—if one of the elements is not good—the bread will be imperfect, if not a failure. When all the elements are perfect, the bread may be ruined because of a lack of skill in manipulating it. There are people so slow in their movements—so lacking in manipulative dexterity—that they are failures as bread-makers.

All the ingredients should be brought together, so that, when the mixing is started, the work will not be delayed, and the bread ruined, by having to stop and run after some forgotten ingredient. The mixing should be done with a light hand, yet thoroughly, and finished as quickly as possible. The secret of good biscuits is to have all the elements perfect, and then mixed with a deft hand. The sooner the bread is in the oven after the mixing is begun, the better the bread will be. Too many rustle, tussle, and waste so much time before the dough reaches the oven that when it is baked it is of such mongrel properties that no real bread-maker would own it.

BISCUIT

When people hold up their hands in holy horror at the idea of a doctor prescribing biscuit, or at those who declare that they eat them, it is safe to say that they are not acquainted with the biscuit that I have in mind when I prescribe bread for my patients.

Some are so chemically wise that they can see dire consequences in the use of baking-powder, yet they can't see any evil in bread made from a ferment. When I think baking-powder, I think of chemically pure baking-soda and cream of tartar, properly combined, with enough corn-starch added to keep the mixture dry.

Biscuit can be made from white flour, or an admixture of whole-wheat flour, if desired. When whole wheat is used beyond a two-thirds proportion, the dough is so porous that the gas from the baking-powder is lost, and of course fails to rise and make the bread light.

The more whole wheat used, the more rapid must be the process of mixing and getting the dough into the oven.

When the bread is made from white flour that contains much gluten, many good bread-makers allow the molded biscuits to stand in a warming-oven until they rise, before placing them into the bake-oven. This should be done when the bake-oven is hot enough for the bread to bake rapidly.

In the matter of manipulating the baking much skill is required. The bread-maker must be acquainted with the oven and know when it is in proper heat for baking. In a few words, it requires skill in every detail to insure good bread. How many housewives have it? A few have it, but do not have the proper materials to work with; others have everything but skill. This is not strange; for the commonest shortcoming of frail mankind is lack of efficiency, and this is oftener due to an overgrown conceit than to any innate lack of skill.

2. *Soup:* Take equal parts of four or five of the following vegetables: potatoes, turnips, carrots, cabbage, spinach, onions, green peas, beans, or corn; run these vegetables through a vegetable mill; put to cook with enough water to prevent burning, and, when tender, reduce to the consistency of soup by adding boiling water. Season with salt and butter. Those in full health can use hot milk to reduce in place of water. Cold baked potatoes or any left-over vegetables may be used.

Hot weather is the time to eat acid fruits.

Fat, sugar, and starch are the heating foods; fresh fruits of all kinds are cooling foods; hence, the reader can see how foolish it is to eat much fruit in cold weather, and, on the other hand, how foolish it is to eat the heating foods in summer.

Baked apples, raisins, dates, and figs may be eaten in the mild weather of winter by people who are below normal in vitality; those in full health can eat apples, grapes, grape-fruit, or any fresh fruit the market affords, for luncheon, but nothing else; and if there are indications of any disagreement, it may be understood that too much starch is being eaten at the other meals, and the amount should be reduced.

3. *Starchy Foods:* I class as *decidedly starchy foods* everything made from grains—wheat, rye, corn, barley, rice, tapioca; also the Irish and sweet potatoes, dry beans and peas.

Two decidedly starchy foods should not be eaten together; for overeating is common to everybody, and eating two or more starchy foods together is equivalent to forcing digestion beyond its power of endurance.

Macaroni should be stewed until tender, then add milk (half cream), put into a baking-pan, and bake. To each serving add a teaspoonful of dry, grated cheese.

Many people cook macaroni with tomatoes, or bread and tomatoes. I do not advise these foods to be cooked together; almost any other vegetable goes better with macaroni than tomatoes.

Rice is more starchy than almost any other of, what I term, the decidedly starchy foods, but, fortunately, it is easier to digest. When boiled with raisins and dressed with salt and butter, or cream, it is a delicious food. Rice should be put to cook with five parts water, and cooked without seasoning.

The unpolished rice is the best for general use.

Rice may be served to children as a breakfast food, dressed with salt, sugar, and milk (half cream).

4. *Hash* is not an ideal food, and it should not be eaten by those with grumbling stomachs. Those of sedentary habits, and not inclined to exercise nor enjoy fresh air, should avoid foods that require vigorous digestive power.

Hash, pork-chops, sausage, pork and beans, corned-beef and cabbage, should not be eaten by people who have *eaten of the tree of knowledge.* Only strong people, and those who are out in the sun and air, and work or exercise enough to develop deep breathing power, and a strong, vigorous heart and circulation, should eat these foods; and even those people will prematurely age and die if they do not practice moderation in quantity consumed.

Hash can be made from any left-over meat. Run the meat through a meat- or vegetable-grinder along with left-over potatoes—one-third meat and two-thirds potatoes; and to a quart of the ground meat and potato add stewed onion, one-half to two-thirds teacupful. Bake or fry to a thorough brown; season with salt; and if there is but little fat in the meat, a little butter may be added when ready to eat. A great deal of hash is unfit to eat because it is fat-soaked, and even those with powerful digestion should refuse to eat such stuff.

5. *Potatoes:* Left-over potatoes fried are oftener a boil in grease; such food is unfit for human beings in temperate climates. Potatoes should be baked or boiled.

Cold boiled potatoes can be sliced and put to cook in a hot frying-pan with not more than one tablespoonful of melted butter to the quart of potatoes. If the pan is as hot as it should be, the potatoes will have to be stirred often to keep from burning. They should be cooked to a nice brown, and add salt when ready to eat, and, if desired, a little butter may be added after serving.

6. *Beans* are a strong food, and people with ordinary digestive power should not eat them oftener than once a week. If desired, one other cooked vegetable and a salad may be eaten with the beans; but the fewer varieties of food eaten with beans, the better; surely no bread, potatoes, nor meat.

Baked beans: Wash and rinse, and put to soak over night; then cook in the water in which they were soaked, without seasoning; when tender, add salt to taste, and bake; when served, add butter. It is best not to cook beans with meat or any grease. If bacon seasoning is desired, stew a little bacon until quite tender; then cut into small bits, and mix the fluid and the meat with the beans after they are thoroughly cooked; then the beans can be baked for ten minutes.

Boston baked beans may be prepared in the same way; first cook the beans, then add the ingredients usually used, and then bake. The ordinary cooking is best; then bake, if desired, after which add the seasoning.

NON-STARCHY VEGETABLES

7. *The non-starchy vegetables* are turnips, carrots, cauliflower, beets, cabbage, onions, summer squash, parsnips, spinach, tomatoes, lettuce, cucumbers, green peas, string beans, celery, asparagus, corn on the cob, kale, salsify, endive, egg-plant, dandelion, and all kinds of greens.

The use of the word "non-starchy" is purely arbitrary on my part, for the fact is there is starch in all vegetables.

An ignorant and slouchy manner of cooking vegetables marks the prevailing style. It means, put the vegetables in a large quantity of salt water, and when cooked drain off the water; then season and serve, or cook again after draining. Vegetables should be cooked in as little water as possible, and positively no salt or seasoning of any kind should be added until served; then those who eat may season to please their tastes.

Salt, butter, or cream is the usual seasoning; but when the taste has been educated to rich and highly spiced foods, the simple cooking here recommended will not be enjoyed; probably it will be repudiated. If epicures, or those with deranged digestion, wish to get well, they will be compelled to re-educate their tastes to simpler or more rational cooking.

Parsnips and carrots are most delicious when cooked carefully. Prepare the fresh, crisp vegetables in the usual way, and put them to cook in very little water and in a vessel with a close-fitting lid; cook until tender—not half-tender—until they will melt on the tongue; when cooked properly, the water will be well cooked away, and if there is a small amount left, it should be a rich syrup from the sugar in the vegetables. If desired, a reasonable amount of butter may be added, and the vegetables placed in a hot oven for ten minutes; then remove to a warming-oven until ready to serve.

The less salt used the better. If the vegetables are not prime, soak them before they are dressed for cooking; and if they lack sweetness, a little sugar may be added.

This style of cooking may be given to all the non-starchy vegetables.

It should not be forgotten that vegetables should be cooked in as little water as possible; in vessels with close-fitting covers, and until they are as tender as it is possible to cook them; then, when served, dress with salt, butter, or cream. The more thorough the cooking, the less tendency there will be to constipate the bowels. Half-cooked and raw vegetables are constipating.

8. *Salads:* There are many salads, but what is known among my friends as the "Tilden salad" is the best: lettuce, tomatoes, and cucumbers, equal parts, with enough onion or garlic to give the desired taste; dress with salt, olive oil, and lemon juice.

In the spring and summer the green onion with its top may be used. Other vegetables may be used, such as radishes, green peppers, etc., but nothing can add to the real "Tilden salad."

The best winter salad is made the same way, except the Pascal celery is substituted for the cucumbers. Dress with salt, olive oil, and lemon juice.

Hunt the world over, and these two salads can't be beat!

When the bowels are constipated, eat less salad and more cooked non-starchy vegetables.

9. *Baked apples:* Apples may be baked whole, or quartered, or a corer may be used. Sugar may be sprinkled over the apples when they are put to cook, or used when served only.

Steamed apples, I think, are better than baked apples. Wash and place in a vessel with a close-fitting cover; put one tablespoonful of hot water to each large apple, and allow the fruit to cook until tender; then serve with sugar and milk (half cream).

Those who have chronic irritation of the stomach should select sweet apples, or those that are very mildly acid, and the apples should be peeled and cored to avoid the mechanical irritation liable to be produced by these parts; but healthy people should eat the whole apple, for every part of the apple contains important elements for body-building. Cottage cheese, factory-made cream cheese, clabber or buttermilk—in fact, all dairy products—may be eaten with fruit for breakfast, or for any other meal when nothing more is desired.

It is a mistake to eat any kind of bread with fruit, although it is done by nearly everybody; but we should not forget that there is a world of sickness, and there must be a reason for it. Hundreds of thousands of doctors and healers are devoting their entire time to professionally caring for the sick; millions of dollars are invested in institutions for the care of the sick. This certainly indicates that there is a lot of unnecessary sickness, and it can't exist without a cause; for nature is continually at work fighting back evil influences. Every moment man's life is attended by health-imparting influences; his health uplift is so great that he should enjoy continuous health, if it were not for his hundreds of bad habits, many of which he knows about, but fails to shun, and many more he knows nothing about. The mixing of fruit and bread, or other foods made from grains, is one mistake which, when joined with others, helps to develop disease.

CHILDREN, A CAUSE OF THEIR SICKNESS

Breakfast foods and fruit in some form, or fruit between meals following or preceding starchy meals, cause much sickness every year among children; indeed, eating between meals and eating unsuitable mixtures lay the foundation on which atmospheric, local, and domestic influences build endemics and epidemics.

Many people declare they can't eat fruit because it hurts them. "It doesn't agree with me," is a common expression.

There are many reasons why this is true. Those who eat bread, or bread and potatoes, or bread, potatoes, and rice, or who have from two to six, and even more, varieties of the decidedly starchy foods at every meal, are troubled with acid digestion. They not only have an acid stomach, but their mouths are acid; the secretions in the bowels are acid most of the time; there is often colitis, proctitis; and women have an acid leucorrhea. These subjects have rheumatism or neuralgia, and they are very nervous; sleep is broken; when they eat fruit, the fruit acid increases their nervousness; and if they have rheumatism, the fruit acids increase the pain and general discomfort. If these patients drop all the decidedly starchy foods for a time, they will improve, and soon be able to take fruit acids with a relish and without discomfort.

Fruit-eating, when the weather is cold, should be very moderate, or none at all, and what is eaten should be the sweet, warming fruits, such as raisins, dates, and figs. Lemons and the very acid fruits should not be used in the winter by people of delicate health. Those who have trouble in keeping warm will certainly freeze if they use much acid of any kind.

CHAPTER IV

FOOD

IN THE last chapter I made mention of the influence of the sweet and acid fruits. The sweet fruits are warming; the acid fruits cause chilliness. When the mercury is at zero, fats are in order, and fresh fruits should not be eaten by people who are thin and troubled with imperfect digestion.

WELL PEOPLE CAN EAT ANYTHING

Perfectly well people can eat fruit at all seasons of the year; they can also eat fat in hot as well as cold weather. Well people can indulge in all sorts of imprudent and improper customs. Apparently good health can be enjoyed by some people indefinitely while they break every law of health. It is on the order of the expenditures of rich sons: Fathers hoard for years, and occasionally accumulate so great a fortune that children kill themselves by idleness and dissipation, without being able to destroy the fortune left to them; on the other hand, a few generations of people live the simple life and acquire such rugged constitutions to transmit to their children that the latter can abuse themselves in a way that is marvelous to weaker constitutions. But any reasoning mind must know that an adequate effect must come from every cause. If we do not appear to be affected by a given cause, we have a large resistance; but we may rest assured that we shall have to settle or balance the account sooner or later.

Those who have small resistance will certainly suffer from the thinning effects of fresh fruits when eaten in zero weather;

those who have great resistance do not feel any inconvenience at the time; yet a time will come when it will be hard to keep warm.

In a former chapter I stated that when the weather is zero or colder, pork may be eaten twice a week, but those who live out of doors all day and have well-ventilated houses may eat this meat daily, and if properly combined with raw and cooked non-starchy vegetables, health and a happy state of well-being will be experienced. There are millions of people in the temperate, as well as cold, sections of this country who eat pork from one to three times a day almost the year around, and one out of probably ten thousand lives to be from eighty to a hundred years old.

TWADDLE ABOUT CAUSE OF LONG LIFE

When life is prolonged to an unusual length, the majority are childish—in their second childhood—and they have very childish ideas about the cause of their prolonged life. Captain Diamond, of California, ascribed the cause of his long life to the eating of large quantities of olive oil; I think, however, the old gentleman was exploited by the olive-oil interests of that state. Another, I heard of recently, declares that the consumption of a gallon of molasses a week caused his long life. This day I received a newspaper clipping which declares that the subject of the item, a very old gentleman, attributes his long life to the eating of buckwheat cakes and pork sausage; the cakes being saturated with the sausage gravy. One man, I heard of several years ago, attributed his one hundred and four years to the fact that he had smoked tobacco for ninety-six of those years. Olive oil, molasses, sausage, and gravy may prolong life by their influence in keeping the bowels open. Constipation being one of the most pronounced causes of disease and death in people past middle life, the excessive use of such foods, by keeping the bowels regular, may do more good than harm to a very small per cent. It is well to remember that only a small per cent of people who eat as these old people are said to eat, live to be old; hence, if we are to read the truth in the voices of the majority, it will be that such indulgences kill instead of prolonging life. The majority of users of tobacco, coffee, and tea die before middle life; should the fact that one in, say, ten thousand lives, and uses tobacco or whiskey, for ninety years be taken as an indication that these stimulants prolong life? If so, what causes the death of the nine thousand nine hundred and ninety-nine who die before old age?

Two years ago I met a gentleman who was one hundred and one years old; he was a very reasonable and sensible man; his only excuse for living so long was that he had practiced moderation in all things, and he said he had lived a very simple life.

Buttermilk is said to be the reason why some of the Bulgarians live to be very old. Simple life, devoid of excitement, and simple food, are the cause, no doubt.

Since Americans have heard of the buttermilk cure, many of them miss a few drinks of beer and take buttermilk; willing, of course, to get all benefits coming to them, if they do not cost too much in personal sacrifices—if they do not have to give up too many pleasures. Many people are simple enough to think that they can get the life-prolonging effects of buttermilk if they simply add the milk to their already too great intake of food. The idea has gained currency that the milk germs antidote the old-age germs. This is in keeping with a stuffing profession and people. The truth is that, where life is prolonged in those people who use much milk, it is the simple life and diet that allow the people to grow old healthily. Black bread and buttermilk, with no cares or responsibilities, combine to lengthen life. A daily bath, inside and out, of buttermilk will not save the stuffing, rustling, bustling American, who stuffs all foods and drink near him.

The American style of using buttermilk will have about as much effect in staying the death sentence as Mrs. Partington's broom had in keeping the tide of the ocean back.

PORK EATING

Eating freely of pork or meat of any kind two or three times a day will overstimulate, enervate, and cause an accumulation of waste matter in the blood. When enervation is great, the blood circulates sluggishly; different organs of the body become passively congested, after which such diseases as pneumonia are liable to develop. Meat, used exclusively, will not bring on this state, but the meat, and other foods that go with overeating on meat, will. Heavy meat-eaters always eat a goodly supply of starch in some form—usually bread and potatoes. On account of the overstimulation from excessive eating, appetite and passion are unduly developed. Then it is that not only the degenerates, but those of good inheritance and moral environments, lose their balance and are swept off their feet by wine and women; and those who do not saturate themselves with tobacco or alcoholics, or burn up their nerve force by excessive indulgence in the grand passion, will consume life and energy by a mental debauchery that is fully as destructive to health, morality, and success as the indulgences of the first class.

The fires of passion that are lit and fed by excessive eating of meat, bread, and potatoes may burn out in an acute disease; a typhoid fever may call a halt, and if the patient does not die, he may be relieved for months or years afterward—depending, of course, on whether he returns immediately to his excessive eating. Pneumonia is another acute disease that attacks those who keep themselves plethoric, or their digestive organs in a constant state of fermentation from overindulgence. Twenty-five to forty per cent of those who take this disease die. Why? Because of the prevailing treatment. Palliation in the line of giving opium or morphine prevents the lungs from throwing off the inflammatory exudate, and the consequence is that the patient is smothered—drowned in his own secretions. Perhaps five per cent of pneumonia cases will die under any and all treatment, but the additional twenty to thirty-five per cent who die are killed by *modern medical science.**

Those who labor should not eat meat oftener than once a day, and bread, potatoes, or other decidedly starchy foods once or twice a day. Those of sedentary habits should not eat meat oftener than once every other day, or moderately every day when the temperature is ten above zero or lower.

SALAD SHOULD BE EATEN WITH MEAT

When it is possible, meat should always be accompanied with a large plate of raw vegetable salad, or a dish of slaw, and cooked non-starchy vegetables. No starchy foods should be added to this meal. If salad, slaw, and cooked non-starchy vegetables cannot be had, meat and boiled or baked potatoes may be eaten together, and raw vegetables may be added; but when cooked non-starchy vegetables can be had in sufficient quantities, potatoes are not needed in the meal. Bread should not be eaten with meat. Bread or other of the starchy foods may be eaten at noon—toasted bread, butter, and vegetable soup; sweet fruits and the dairy products for breakfast. Laborers may have oat-meal or corn-meal mush and milk for breakfast. Do they need meat or eggs in addition? No. Not unless they want to hurry through life.

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*For my treatment see my "Criticisms of the Practice of Medicine."

The best health comes from simple meals: in the summer, fruit, cheese and milk for breakfast; toasted bread or plain cake, with ice-cream or a cup of custard, at noon; or vegetable soup with bread and butter; dinners, meat and vegetables, as before directed.

The following pertinent question I received from one of my readers after he had read Chapters II and III.

> The steer or hog or other animal stuffed—stall-fed—as is done in the East, until loaded with fat, with its body filled with waste matter in process of being eliminated, cannot help but be diseased, the same as the human animal under the same treatment. Therefore, the above statement being true, how can you advise, as desirable food, flesh from such creatures?
>
> If vegetables beginning to decompose are unfit for food, why is not the same true of meat?—E. F. DAVENPORT.

A fat animal has waste products in its body; it is autotoxemic, and it suffers from fatigue and other symptoms of overstimulation. The poison in its system causes it more trouble than the eating of its flesh can possibly cause trouble to those who eat it. Why? Because the blood and fluids of the animal's body contain most of its waste products, and the small amount of the poison taken into the system of those who eat the meat is not sufficient to do any material harm; besides, the cooking destroys most of what is left in the flesh of an animal after it has been deprived of its blood.

It is well to remember that putrescence is a poison that develops in meat when not properly cared for, and means that the flesh is rotting; this means that a change has taken place in the meat of the animal after it has been prepared for food. Where an animal dies of putrescent infection it will not be used for food even by the most ignorant. This poison, which is very dangerous under certain circumstances, is often rendered innoxious by cooking; but when it is not, there may not be enough taken into the stomach to overbalance man's resistance; then it fails to do harm.

Man is not injured by the waste products found in meat, or the putrescent changes that take place in it, as often as he is injured by eating too much and by eating meat in wrong combinations.

It is a fact that in the *cuisines* of the largest hotels and restaurants, meat, fowl, and game never get "too mellow" to work up into *delicious dishes* for those who know what good eating is.

I knew a gentleman years ago who declared that turkeys were not fit to eat until they had hung by their necks long enough for the weight of their bodies to pull their heads off. This man died of malignant carbuncle. Whether mellow meat, or eating and drinking too much, killed him, I do not know, but as he had been eating that kind of meat all his life, and his death came in his sixty-fourth year, a logical conclusion would be that he hastened his demise by excesses rather than by the influence of the specific toxins in the food that he ate.

Possibly an ideal treatment for his disease would have allowed him to recover and have given him ten or more years of life. Whether we endorse his style of living or not, we are compelled to admit that he was a veritable mental dynamo, and his mental output represented an amount of energy that bespoke the consumption of a large amount of material (food) possessed of the required static energy to account for the manufactured product. His mental output, for his sixty-four years, probably equaled a hundred years' output for a mind like his under a ration possessed of less dynamic force.

MENTAL DEVELOPMENT

This brings us to the contemplation of the question: How many people fail to harvest a mental crop—how many fail to mature mentally—because they fail to eat food possessed of mental energizing properties? I don't mean, as many do, and as medical science has taught; namely, that we must consume a given amount of phosphorus, etc. No! I mean that an ideal diet is one that will furnish us with enough reparative material and nerve energy to give us the greatest working capacity at the least wear and tear of our bodies. Whole-wheat bread furnishes building material and energy; but the question must be settled: Does it cost the body so much effort to extract the nourishment that its energies are all used up in simply digesting—vegetating? It is believed that white-flour bread starves those who, exclusively, eat of it. Grant that such bread does not contain all the properties of whole wheat, we must not forget that we do not need a great supply of building material after we are through growing—at that time in life when digestion is not so vigorous as in adolescence. After this age, white flour conserves energy by not requiring so much force to digest it, and if there is something lacking, the appetite will drive the individual to a source of supply that will yield it with less expenditure of energy than is required to extract it from whole wheat. It is a significant fact that the originator of shredded wheat died early—in his sixty-second year!

NUTS A SUBSTITUTE FOR MEAT

Nuts are suggested as a substitute for meat. For people of strong digestive power the nuts may be used in place of meat; but there are people who, if they undertake to live on nuts and whole-wheat bread, will use up all their energy in taking care of this food, and will have none left for thinking or working. Professional men will make no headway in their professions; students will be dull, and cause those around them to believe them stupid. Many bright intellects are forced into non-productiveness because their bodies are taxed to their full capacities in taking care of foods that are unsuited to them, or foods that require all their nerve energy to digest.

The intellectual output of the world is vastly curtailed because of the numerous kinds of prejudices held by various people on the subject of mental food. Some starve their minds, and others poison them. Prejudice is the greater handicap.

All the striking peculiarities of a people go back to food as one of the first causes. Climate, of course, has much to do in molding man. The more we know, the greater the number of causes we discover in every effect. The child-mind jumps at conclusions and believes in single causes; but in a world of multiple causes, the wise must consider all before settling upon any.

WHOLE-WHEAT BREAD

When those who have injured themselves by eating too much meat, bread, and potatoes stop the use of meat and potatoes, and take up whole-wheat bread, the benefit they derive from a meat fast, and overcoming the evil result of too much starch combined with meat, is so great that they become enthusiasts on the benefits of whole-wheat bread. They ascribe all the relief they get to this bread, when the truth is that the fast, or going without their customary eating, is the cause of their good feelings. Later they will show the evil resulting from the severe tax on their digestions caused by whole-wheat bread, peanuts, and other substitutes for meat.

When digestion is overtaxed by foods that overtax because of their hardness to digest, the people so taxed are nervous, cranky, and fanatical. Those who are overtaxed from absorption of too much nutritive material from food that is easy on digestion will be overstimulated, but they are more optimistic, happy, hopeful, ambitious, and mentally alert. The first class are not mentally productive, and what they produce has the character of fanaticism. A nervous system, overtaxed by overwork, evolves a fault-finding, criticising fanaticism.

It is not my province to dictate what my readers shall or shall not eat; when I am employed to give special instructions will be soon enough to do that. And when that time comes, I shall prescribe as I think best; I shall endeavor to advise a course that will lead to the longest life and the greatest efficiency; I shall never permit truth, as I understand it, to be forced to accommodate itself to any prejudices or fanaticism.

THOSE WHO WILL NOT EAT FLESH

Those who will not eat flesh must accommodate themselves to whatever diet they approve; every individual must work out his dietetic salvation according to his understanding. If we make bad selections, and shoulder upon ourselves a handicap that prevents us from coming into our own, we lose by it; but if we do not find out our loss, we shall not need to complain. In a nutshell: "What we do not know will not cause us regret;" or, in other words, "Where ignorance is bliss it is folly to be wise."

Close housing, or ill ventilation, and neglect of the skin by over-clothing and sleeping under too much covering, added to the consumption of too much food, prepare children, as well as grown people, for the grafting of environmental and atmospheric disease-producing causes upon them. This is the formula for winter diseases; we must not, however, leave out the influence of uncontrolled emotions and passions. The cure for diseases produced from a combination of all or part of these causes must certainly be suggested to every intelligent mind. It is said in the business world that "Goods well bought are half sold;" it is not more true than that a cause or causes truly demonstrated point to the cure, and the people, as well as the profession, must get away from the fallacious idea that cause is beyond finding out; for, as sure as order reigns, the things that influence us for good or evil are in us and about us, and are strictly within even the child's understanding, if the truth is not masked by design or a false interpretation coming from theories unsupported by practical experience.

My two volumes on "Criticisms of the Practice of Medicine" should be read in conjunction with this book.

The treatment of disease, to be effective, must be simple; indeed, no *treatment* is correct, for the idea conveyed to the mind by the word "treatment" is that of cure; treatment means an endeavor to cure. There is no such thing as curing disease; nature cures, and all that man can do is to place the sick in the most favorable state for a return to the normal; remove health-impairing influences.

THE FIRST REMEDY

What is the first thing to do in all diseases? Bring about comfort. If the patient is suffering pain, give a hot bath, continued until all pain is gone (a hot bath of an hour's duration if necessary to stop the pain). If the bowels are constipated and they have not moved for some time, an enema of a half-gallon of warm water should precede the bath, and, so long as fever lasts, the enema should be given every night. After the bath the patient should be made comfortable in bed and left alone; no visiting nor talking by anyone should be allowed; so long as the patient is comfortable, he is to be left entirely alone, except when given baths and enemas. The bath is to be given often enough, and of *long enough* duration, to remove all pain. Positively no nourishment of any kind—*not even milk or broth*—until the fever is entirely controlled and symptoms all point to positive convalescence. Then fruit juices the first day; the second day, fruit juice for breakfast, buttermilk for lunch, and broth or vegetable soup for the evening meal; the third day, fruit for breakfast, toasted bread and butter, followed with milk or vegetable soup, at noon, and the same in the evening.

A FEW HINTS ON COOKING.—I take pleasure in submitting the following suggestions by my friend E. F. Davenport, who criticised meat-eating in another part of this chapter:

> Doctor, as you are a believer in advancement, let me suggest that you try, if you have not already done so, cooking vegetables in their own juices. Take onions, turnips, carrots, parsnips, potatoes—in fact, any and every kind of fruit or vegetable you may desire cooked; place the vegetable in a pail or dish with a tight cover—no water or anything else; set this pail in a covered steamer or kettle of boiling water. Do not overcook. If a kettle with water is used, there should be something to hold the pail up a little off the bottom of the kettle. The toughest cuts of meat cooked in this way will be nice and tender. I have cooked venison, bear meat, and old hens with satisfaction in this way.
>
> While I have no fault to find with your bread, I should like you to try one made with a ferment, and if you have a patient with a delicate stomach, let him try a slice of it: Dissolve one-half cake of yeast (either Yeast Foam or Compressed Yeast) in one pint of warm water; add one tablespoonful sugar, and a little salt if you choose. To one and one-half pounds of warmed and sifted flour add your liquid yeast mixture. Mix thoroughly and quickly; set in a warm place, covered. Keep it warm through and through for several hours, or until fermented and raised to double its bulk; butter a baking-pan, turn in the dough, and bake in a moderate oven. You do not need to stir or add more flour.

No doubt these hints will be valued by many readers.

I should like the best recipes for any kind of cooking or bread-baking that any reader may wish to send me, to be used in this series of articles on food. Each recipe should be signed by the one submitting it.

SALT, WHY DO YOU ADVISE ITS USE?

If drugs are injurious, why do you advise the addition of salt to foods? Salt is a mineral drug, an irritant, and has been known to cause death. The organic salts of fruits and vegetables would seem sufficient to supply the human body with iron, soda, lime, etc. When the organs of taste have not been perverted from the use of condiments—salt being one—the relish and true flavor of vegetables, either cooked or uncooked, become much more enjoyable.—E. F. D.

A little salt is not harmful. The free use of it, as many use it, I do not recommend. However, it is doubtful if the body can be made to take up more than a given amount; for when too much is taken, thirst compels the drinking of water, and at the same time the serum of the blood is drawn into the stomach and bowels, resulting in a liquid movement of the bowels, carrying off the surplus of ingested salt. Salt acts as a remedy for some people in overcoming constipation; the mineral spring waters contain more or less salt.

USE JUDGMENT IN EATING

Why do I recommend salt? I am not recommending or prescribing anything; I am suggesting foods in certain combinations for those who wish the suggestions to enable them to select for themselves a suitable diet, or one with which they will be satisfied. Those who do not wish salt should not use it simply because I say it may be used. I have suggested pork in cold weather; I do not expect Jews to eat pork because I have said it can be eaten. The majority of Americans eat hog meat, and why shall I not tell them the best time to eat it and the best combinations in which to eat it? I recommend nuts, but I would not advise their use by people who have trouble in digesting them.

If we should wish to strain a point, we could exclude every food that man eats. Salt is not a dangerous drug, and will not do any more harm than lime, soda, magnesia, or iron; and I admit, if we are eating foods carrying these minerals, we do not need an extra supply. Fruits and vegetables may or may not supply the mineral elements necessary; it depends on the soil on which they are grown.

So far as death being caused by salt is concerned, death has been and can be made to come from anything. A mother's love kills as often as any one element, either material or mental, in the human body. There is not so much danger in the use of salt as in the suggestion to child-minds that "it has been known to kill."

CHAPTER V

HOW MUCH TO EAT

"HOW much shall I eat?"

This is a question frequently asked, and not without reason; for medical science has been busying itself for many years in endeavoring to settle the question: "What food and how much must be eaten?" No one has ever lived, or ever will live, who can tell how much any given individual should eat.

To answer the question, "How much shall anyone eat?" presupposes a lot of knowledge that is outside of the jurisdiction of man's mind. To be able to say how much an individual must eat, the physician must know how much appetite and how much digestive power the patient has. This knowledge is impossible. Every individual's special sense will always be his own private possession. It will always be as impossible to see, hear, taste, feel, or smell for someone else as it will be to feel hunger and thirst and interpret the desire of the non-self.

IT'S NONSENSE TO PRESCRIBE THE AMOUNT OF FOOD ONE SHOULD EAT

Inasmuch as physicians cannot interpret hunger—food need—nor assimilative ability, it is nonsense to formulate food tables and prescribe the amount of food to be eaten.

The majority of healthy people will continue in the future, as they have in the past, to eat haphazardly, and a large per cent will eat enough to produce food-poisoning—food-inebriety—and in this way recruit the great army of individuals that is constantly being decimated by disease, and mal-medical and surgical treatment. Those who think themselves well are not besieging the doctors for advice; only those whose pace has already deprived them of comfort are seeking medical advice; these are the people to whom the majority of physicians prescribe "lots of good nourishing food."

For years I have been endeavoring by pen and mouth to show the inconsistency of prescribing "an abundance of good nourishing food" to sick people; for, it matters not what the type of the disease, nutrition is impaired; all sick people are enervated and autotoxemic, and necessarily unable to take care of the amount of food required in health. Instead of "eating plenty of good nourishing food," they need to fast, and unless food is withheld and limited to the capacity of the patient's enfeebled nutrition, health cannot be restored.

MEDICATION AND FEEDING KILL THOUSANDS

Thousands are killed annually.

Thousands of people suffering from acute and chronic diseases are killed every year by medication and feeding. Rest is about the only prescription that is required by the average patient; I mean by rest, physical, mental, and physiological rest. Gluttons and inebriates—sensualists—must have physiological rest. Most sensualists are driven into sensuality by an overworked physiology; that is why physiological rest must be secured, and is one of the most essential therapeutic measures.

Much of the pain and discomfort that are experienced in ill-health comes from an acid state of the fluids of the body and is brought about by digestive fermentation. Much discomfort is sometimes produced by the displacement of bones, nerves, and ligaments brought on from injury. The irritations, inflammations, and tumefactions that are sequelæ of injury cause impingement on nerves and much suffering. However, if manipulative adjustment is to give permanent relief, the body must be put in a favorable state by correcting enervating habits.

When the body is enervated, functional activity is impaired, elimination fails to rid the body of debris, and accumulation takes place. Catarrh is among the first symptoms; slight injuries do not get well, but become the points of local irritations which thicken from the engorgement; in this way nerves are pressed upon, and pain and further impairment of function evolve, until affected parts are thrown out of commission entirely. Drugs often relieve either by deadening sensation and allowing resumption of lost motion, or through suggestion. The manipulative treatment of the drugless schools brings great relief, and often cures for indefinite lengths of time, by causing absorption of deposits that are pressing on nerves. Restored hope has a powerful effect in arousing secretions and excretions, and that is why many illogical cures are made. Often the personality of a physician advocating and practicing an illogical therapeutic measure will cure when a logical remedy will fail in the hands of a physician devoid of a forceful personality.

SHRINES

There are many shrines (sacred places) in different parts of the world where people go on crutches, canes, and stretchers, and after a few days, weeks, or months they return healed. What has really taken place? These people have swapped a negative for a positive obsession. Strong, positive characters are seldom found at shrines; patronizing doctors who advertise to cure weak men, or taking drugs. The type of people who can get well by taking up their beds and hiking are a nerveless, spineless set who need encouragement often; they must have a new doctor every little while, and in religious matters they must have their spiritual strength renewed often; like the electric car, they must be connected with a dynamo every little while, or they will run out of juice (power).

INTELLECTUAL STRATA

Humanity is built, intellectually, in strata. The lower strata are made up of those who are looked after, in a medical way, by charity, and they haven't any opinions; they have not enough imagination to build a sick mind, nor to aid in a so-called cure. The better class that are under the dominion of regular medicine cannot believe that there is a possible chance to get well without drugs, or the help of religious superstition. The people who come to me, and who adopt my ideas and methods, are among the most intelligent in every community. These are the people who can reason, and through their reasoning power they manage to get much out of life. There are a great many of this class who, for selfish reasons, would not admit their sympathy with my work; not all intelligent people are willing to make the sacrifice necessary to identify themselves with a cause, even if the cause is that of breaking the chains of false beliefs and setting people free.

In the matter of food and eating, the conventional belief and practice are that an individual weighing a given amount must consume a given amount of food. This theory may work all right with an engine, but not with a human being.

EXCESSES MUST BE AVOIDED

When people are in full health, they will stay in this state if they avoid all excesses. The mind and body must be poised. A slight deviation from the normal, marked by nervousness, irritability, excitability, and lack of self-control, a weariness other than tire that sleep will cure, mean that there is a physiological impairment which will not cure itself without rest, but will grow more intense. The cure must be brought about by removing the cause, and what is the cause? Examine all the daily habits. It may come from eating a little too much, or eating too frequently of rich foods; it may come from eating too much of some favorite food; it may come from overindulgence in some other form of pleasure; it may be that the work or exercise is not well balanced with the eating; it may come from a little worry or anxiety, possibly from overwork, from a growing ambition that is not sanctioned by conscience; perhaps the coffee, tea, tobacco or alcohol habit or habits are taking hold of the nervous system. It matters not what the cause is — it means that there is a slight excess of nerve expenditure over supply; and to just that extent there is enervation, and just to the latter extent impaired nutrition and a necessity for less work, less expenditure of nerve-energy. It is always safe to cut down the supply of food, even if several other adjustments have been made, such as control of worry, giving up of stimulants, moderating the amount of all pleasurable indulgences, etc.

MY FOUR RULES

How much shall I eat?

This is the question of all questions among those attempting to diet. This question puzzled me until I worked out the following four rules:

First: Never eat when feeling bad.

Second: Never eat without a keen relish.

Third: Avoid overeating.

Fourth: Thoroughly masticate your food.

THE FIRST AND MOST IMPORTANT RULE

The first rule—never eat when feeling bad—is the most important of the four rules.

To checkmate those who have the faculty of throwing off bad feelings at mealtime just long enough to eat, and then feeling bad until a short time before another meal, I have extended the rule to read as follows: Don't eat when you feel bad; and you must feel good from one mealtime to the other, or go without the meal. Then I have to explain what I mean by "feeling bad." If, on getting up in the morning, you are conscious of not having rested well, and there is a tired, listless, lazy feeling, no breakfast should be eaten; water, either hot or cold, can be taken as often as desired to relieve any feeling of discomfort in the stomach. When lunch time comes, if there has been no discomfort since breakfast time, lunch may be eaten; but if there has been more or less discomfort, positively no lunch is to be eaten. The afternoon must be spent in comfort, or no dinner is to be eaten. And this plan must be followed out day after day, until enough physiological rest has been taken to bring perfect comfort from one mealtime to the next; then, if eating brings back the discomfort, return to the same routine of going without meals, until comfort is again experienced for six hours, or from one mealtime to another.

How much shall I eat? When in a fit state to eat, when in mental and physical comfort, eat all you desire, unless several days have been spent in fasting; under such circumstances break the fast with raw or cooked fruit, buttermilk, or meat broth, and avoid a full meal for two or three days after beginning to eat.

HOW SHALL I KNOW IF I OVEREAT

"How shall I know if I eat too much?" If too much food is eaten, discomfort will return; then the next meal should not be eaten, nor the next, unless comfort for six hours preceding the meal has been restored.

After bringing on discomfort a few times by eating, a sensible person will learn from the experience when to eat and when not to eat. It should be the endeavor of every person to learn his food limitations, and respect them. It is better to undereat than to overeat; for it is easier to correct the former error than to cure the diseases brought on from the latter.

There is much talk of undereating—of being underfed. Perhaps there is one case of underfeeding to ten thousand of overfeeding. Most of the so-called underfeeding is improper overfeeding.

OVEREATING, SYMPTOMS OF

Overfeeding has many acute ways of manifesting. Sour stomach, acid stomach, described as burning in the stomach, eructating acid, etc., come from overeating; as a rule, it means the eating of too much bread or too much potato, or other starchy foods.

It can be corrected by missing a meal or two, and then eating of starch once a day, and then only in the simplest combinations, such as toasted bread and butter, followed with a glass of milk.

When starch and meat are eaten together, beyond the digestive capacity, they will cause an indigestion marked by greasy, pungent eructations. The eructated fluid causes the throat to be uncomfortable—to have a disagreeable burning and drawing sensation for some time. The cause of this indigestion, where the quantity of food is not too great, is a lack of the normal acid secretion in the stomach; the juice of an orange or lemon will give temporary relief from this condition when it is developed. To prevent a recurrence, no starchy foods should be eaten with meat, but instead a plate of combination salad, with the juice of half a lemon, should always be eaten at a meat meal.

SYMPTOMS FOLLOWING FASTING

Many people taking advice complain, after a few days of fasting, or partial fasting, and eating of foods of a less stimulating character than usual, that they feel faint—feel like collapsing; they declare that they are so w-e-a-k, that they must have more food or they will die. This indicates a pronounced type of food-poisoning. These are the people who are treated for neurasthenia; for nervous prostration; for anemia, hysteria, nervousness. What's in a name, anyhow? Names only mystify, and are pleasing to those who have not learned the cause of disease.

ENERVATION CAUSES FEAR

When food-poisoning has gone to the extreme of producing so much enervation that the heart and the entire circulatory system are impaired, marked by a weak heart and full or empty, collapsible arteries, victims of this state are full of fear; they have many strange nervous sensations; when required to fast or miss a few meals, they are afraid they will die. After such patients have been induced to eat lightly or partially fast for two or three weeks, if they are then scared into changing doctors, and are put back on "plenty of good nourishing food," they will feel fine for a time; they enjoy their old stimulation, and because of the elimination they have experienced while fasting they really feel better than they have felt for years. They and their ignorant medical advisers declare that they had a narrow escape; they just got out of Tilden's (the starve-to-death doctor's) hands in time to save their lives. What becomes of these *saved people?* They die, every one of them, prematurely.

STARVE-TO-DEATH DOCTOR

Scaring people away from me by shouting "starve-to-death doctor" is one of the things of the past. People are getting too well informed to believe that missing a few meals will cause death from starvation.

There are a few ignorant enough to believe in this old platitude, but they are getting moss-grown and will soon go to a premature grave—with the class of doctors who originated the canard.

It is true, however, that desperately food-poisoned patients become very weak when they miss a few of their accustomed stimulating meals. The inebriate, when deprived of his alcoholic supply, goes into delirium tremens, which is the acme of prostration; the nerves are so distressed, when deprived of the usual poison, that reason is dethroned for the time being. When it is remembered how greatly all drug fiends suffer when the drug is taken from them, it takes but little imagination to realize that nerves must suffer more or less when deprived of any accustomed stimulation—less perhaps from foods than from drugs, but the line is not drawn very distinctly between foods and drugs; for coffee, tea, condiments, as well as alcoholics, are drugs, and any food may be made to take the place of drugs under certain circumstances.

To restore confidence, I often allow those who suffer greatly from fasting to eat a little, even of forbidden food; but most people are reconciled to the treatment when I explain the difference between the weakness of food-poisoning and the weakness that comes from the need of food.

WEAKNESS OF FOOD-POISONING

The weakness that is persistent, and continually in evidence, even when the patient is in bed or sitting quietly, and the weakness known as getting up tired of a morning, are both produced by overstimulation—food-poison.

Nerve tensions always indicate food-poisoning. A feeling that the limbs must be moved to relieve tension, and, when moved little or much, no relief is given, should be interpreted as coming from overeating. Many nervous people complain at times of a desire to scream; they are so pent up with an indefinable suffering that they declare they must scream, pull their hair, or cry, in order to get relief; yet none of these outbursts give any relief at all. Despondency, gloominess, a feeling of despair—a feeling that something terrible is about to happen, a feeling as if the "sword of Damocles" is about to descend—are indications of the nerve-weakness that follows overstimulation. All these symptoms are indications of enervation and poisoning from faulty elimination. Too often doctors undertake to cure by feeding "good nourishing food," and giving stimulating and tonic drugs. It should not be necessary for me to say to CLUB readers that such treatment is exactly the opposite of what it should be, and such treatment adds to, rather than diminishes, the symptoms.

WEAKNESS COMING FROM A LACK OF NOURISHMENT

A weakness that comes from a lack of nourishment is not accompanied by ill-feeling. When the patient is lying down or sitting, he feels that he is about as capable of almost any feat of strength as he has ever been; yet, when he undertakes to do anything, he finds that he has scarcely strength to stand without support. This weakness is seen at the end of many acute diseases, when the disease is gone, and nothing stands between the patient and full vigor except a good appetite and plenty of "good nourishing food." This is the weakness that food will cure. At no time, when such weakness as this is in evidence, will the patient say he feels bad. The weakness that is described as "all gone," feeling faint, starving to death, "I am so weak," cannot be cured by food; the greatest skill is required in feeding such patients; while a real weakness can be fed almost anything and in any reasonable amounts.

SECOND RULE EXPLAINED

Second rule: Never eat without relish. This needs an explanation. The inebriate has a great thirst, but he doesn't want water. The chronic food-poisoned—the badly enervated from an oversupply of starch, meat, coffee and tea—must have condiments to force a desire for food. Why? Because there is not a particle of hunger; hunger has been supplanted by appetite; and appetite is an artificial desire for food, and is the same, except in less degree, as the inebriate's desire for alcohol, and the fiend's desire for opium, morphine, cocaine, and other drugs.

When the food-poisoned are deprived of their foods and food combinations that have brought on the enervation that is at the bottom of their diseases, many of them suffer greatly; they declare that they will famish; that they will go all-to-pieces; that they will surely starve to death, etc., etc. Before they have been fasted enough to partially restore their normal desire, these invalids must use mustard, horseradish, catsup, chili, or various sauces on their meats and fish, or they can't eat with a relish. Bread must be coaxed with butter, jelly, jam, or some tempting fruit preserves. Soups must be hot with pepper; water must be iced, and in hot weather tea and coffee must be as cold as ice will make them.

What is the result of pampering the palate in this way? More food is forced into the body than is required for growth and repair, and necessarily overstimulates, enervates, and retards elimination. These subjects have sluggish capillary circulation—cold feet and hands. A few extreme cases have red noses. When the nose is in sympathy with an engorged liver, constipation, sluggish portal and hemorrhoidal circulation, it often becomes nodular. This disfiguring disease is often called *a toddy blossom*, but many people have this annoying headlight who do not use alcoholics. People, however, never develop such noses who are not given to very great indiscretions in eating, and they can be cured if they are willing to make the personal sacrifices necessary. Such a nose is a warning; it indicates a hot belly, which, if not cooled off properly, will send its possessor to a premature grave.

It is said that J. P. Morgan had one of these distinguishing developments. This will give the reader to understand how hard they are to cure; for I have no doubt that J. P. had tempted many leading physicians with a competency for life if they would cure him. Regular medicine can't cure this disease; for it *has not discovered the germ yet!*

RED NOSES AND CHEEKS

Men and women who develop prominent capillaries in their cheeks and noses, and whose eyes show redness—red blood-vessels much of the time showing quite pronouncedly on the white coat—are troubled with high blood-pressure, and unless the derangement is controlled, apoplexy, paralysis, heart or kidney disease will develop. This physical state favors hardening of the arteries, gall-stones, or kidney stones.

Whatever the disease that develops when the body is in this state, *rule one* must not be broken; and the second rule—namely, do not eat without a relish—must be observed. The feeding should be restricted to plain, simple foods; and where they can't be taken with a relish, they are not to be taken at all until they can be taken with enjoyment; but, in place of food, a glassful of hot or cold water is to be sipped every hour or two while going without food. Positively no food is to be eaten until a desire comes for the plainest —until the plainest can be eaten with a relish.

Third rule: Avoid overeating. Food should not be eaten when one is feeling bad, or when there is no relish. Eat only when there is a keen relish for plain food, cooked and served in the simplest manner, and then stop eating before every bite ceases to taste "like more;" in other words, quit hungry!

Many people are going to premature graves because they persist in eating more than the system requires—stuffing as long as a morsel can be swallowed, or coaxed into going down by the use of relishes.

Overeating is quickly followed by a constant desire for food, and the oftener the desire is satisfied, the larger the appetite and the more uncontrollable it becomes. At this stage is where tobacco, alcoholic, and drug addictions are easily developed. Tobacco takes the place of food; those who are driven by a fiend's desire for food quickly discover that they can give up most of their eating if they can have tobacco, alcohol, morphine, or cocaine to take the place of food.

These habits save many young men from crime. Tobacco has kept thousands of young men away from bawdy-houses and away from a criminal life. These drugs antidote food-poison and control an otherwise uncontrollable appetite. Food-poisoning from the daily intake of too much food drives boys and girls into sex mania. Girls take up with the first men they meet, and if they do not marry them, they may do what society thinks worse—namely, become inmates of bawdy-houses or go on the town. A part of the mania caused by food-poisoning may be used up in bearing children; *a remedy for mothers*, but a bane for the children!

BOYS MAY BE SAVED BY STIMULANTS

Boys may be saved by stimulants, without which they are almost certain to develop a criminal nature unless their bad habits of eating are corrected before it is too late.

Fathers whose tobacco habits have saved them, and made them respectable—prevented them from being outlaws—do all they can to keep their boys from taking up the *useless and foolish habit*, and are much put out because the boys will not take good advice.

Nature is struggling all the time to save us. Drug habits are nature's conservative efforts. Where drugs are not used, those with food-poisoning develop insanities (crime is insanity), or physical disease; tuberculosis is one of the most pronounced and prevalent diseases that develop instead of crime of another order. What is tuberculosis? Bad living habits spend their fury on lungs made vulnerable by heredity, instead of manifesting in habits and crimes that are under the ban of the moral code.

WHY WOMEN ARE TAKING TO DRINK AND TOBACCO

It is said that women are taking to drink and tobacco. Why not? Idleness and high living generate a force that cannot be restrained. It is said that husbands object to their wives using cigarettes; there are worse habits than the tobacco habit, and if people will eat and do nothing, they must select the least of the evil habits, and work it overtime to retain half-health and respectability. Is anyone silly enough to believe that a vaccine is all that is necessary to save these habit-ridden people from tuberculosis, the bawdy-house, or the penitentiary.

Cure the food-poisoning habit, and most crime and disease will end. *Avoid overeating!*

CHAPTER VI

A CAUSE OF OVEREATING

IT IS impossible to avoid overeating when modern cooking and table habits are practiced.

There are few, if any, who are normal in their eating. A normal desire for food is one that can be satisfied with plain foods. A palate that requires coaxing is not backed by hunger. There is an old and trite saying: "There is no sauce like hunger." Socrates said: "The best seasoning for food is hunger." Appetite is discriminating; it must have stimulation; it is disease. Appetite must have just the right amount of condiments on the food, or the food cannot be eaten. Children can't eat bread and butter; there must be syrup, honey, or some sweet preparation of fruit, to please or coax the palate. The cause of overeating in childhood is the use that is made of sweet dressings. Few children will eat too much toasted bread and butter, followed with a glass of milk, and there are few who will not overeat on bread, butter and jelly, preserves, or syrup. Few will eat too much oatmeal mush, rice, or dry breakfast foods, when the mush and rice are dressed with milk, and the dry foods are dressed with a little melted butter and eaten dry, and followed with milk; but, on the other hand, if sugar and cream are freely furnished, twice as much as necessary will be eaten.

HOW TO FEED CHILDREN

Someone will ask: "Are children not to have sweets, jellies, preserves, and sweetmeats?" Yes, but not with bread. Staple foods must not be accompanied with palate-teasers, for overeating will result.

Sauces force overeating when used on meats and fish.

Fruits, cooked or preserved, may be eaten with the dairy products—milk and cheese—but not with bread, nor any foods made from grains. Bread, butter, and raw fruits—no sugar—may be eaten together exclusive of other foods by those who have full nutritive energy. When sugar is added, *fermentation will follow.*

Children may have a breakfast or lunch of fruit, or fruit preserves, milk, and cottage or cream cheese. The cooked fruits or preserves may be dressed—the former with sugar and milk half cream, the latter with milk half cream. There are no objections to a dinner of fruit, cheese, milk, and nuts. Preceding this dinner, the breakfast may be of oatmeal and milk, or toasted bread and butter, followed with milk; and the supper following this dinner may be made up of bread and butter, followed with milk; or, instead of the bread and milk, a combination salad with a baked potato or hard-boiled egg cut and mixed with the vegetables, and dressed with salt and olive oil, followed with a glass of milk, if desired.

CHILDREN SHOULD EAT VERY LITTLE SALT

Parents should train children into eating very little salt. When food cannot be relished without a decided flavor of salt, it is time to reform; a fast should be taken until a relish comes back for food slightly, or not at all, seasoned. Seasoning invites overeating; those who are wise will avoid excessive seasoning.

Catarrh is one of the morbid processes aggravated, if not set up, by excessive salt-eating. The mucous membranes become the point of exit from the body of the surplus salt taken in with food.

The nose, lungs, womb, and colon are the principal points of exit. When too much meat and salt are eaten, the catarrhal disease becomes ulcerative; then the nose ulcerates, and the ears often become involved. Tubercular or inflamed lymphatics may be the result; stomach and bowel ulcerations are liable to become perforating ulcers, with death following in a few hours, unless a skilful operation saves life.

The cure for catarrh in all forms, including lymphangitis, adenitis, and other inflammations, is to increase elimination; stop eating meat, or limit the amount eaten; almost eliminate salt and sugar; keep the skin active by cold sponge baths and dry rubbing.

In controlling and curing catarrh, the amount of salt eaten must be cut down to the minimum, and all other condiments must be prohibited. Then positively no eating is to be indulged in, except as allowed by Rules 1 and 2. (See Chapter V, pages 78 and 83.)

I am frequently asked: "How much shall I eat?" My answer is: All desired when the palate is not whipped into a morbid desire by condiments.

Obesity is a disease brought on by the abuse of condiments, and the excessive use of sweets and starchy foods. The starch is taken in excess because of the sweets.

ABUSE OF NERVES OF SPECIAL SENSE

The senses of taste and smell are guides to eating, and the eye should also be allowed to censure food. When the nerves of taste declare a food too hot from heat, or from piquant dressings, it should not be swallowed.

Nerves of special sense are made inefficient as protectors of health by the use of stimulants—tobacco, alcohol, and drugs—salt, pepper, and other condiments common to sensualists. The crime committed by the use of stimulants is that the narcotic variety deadens sensations, removes the power of choice, and causes a retention of the excretory debris, while the piquant food-dressings whip into activity a false desire for food and, like the narcotic stimulants, ruin the power of discrimination.

When the nerves of special sense are abused too long, they become morbid and their cravings are abnormal; they can't sense delicate flavors, such as unseasoned foods have; tobacco, alcoholics, salt, sugar, mustard, spices, and pepper are about the only sensations craved; normal food flavors are insipid and eventually despised. When this time comes, the body has lost its defenses and the mind has deteriorated; it cannot discriminate good from bad; the artistic mind becomes gross, and the man becomes uninteresting, and is left behind and forgotten by former friends. A tremendous price to pay for self-indulgence!

FOURTH RULE

My fourth rule is: *Thoroughly masticate and insalivate your food.*

Perhaps what I would recognize as thorough mastication, Mr. Fletcher would not. I believe that it is possible to mouth food too much as well as too little. The happy medium is about the only safe position to hold on all questions that are not settled —questions that have many points that need further investigation.

There are dry mouths and there are wet mouths. The dry mouth, if due to fever, is an indication that the gastric secretions are suspended; and if food is forced on such a stomach, the patient will not be nourished, but, quite the contrary, he will be poisoned and made much worse. Dry mouths mean fast—fast until the secretions are re-established.

When there is a hypersecretion into the mouth—a state known as ptyalism—eating should be suspended until the flow of saliva is controlled. This state is oftener brought about by the excessive use of starch than from any other cause. If a fast is not adopted, then all decidedly starchy foods (see Chapter III) must be proscribed, and mastication should be very slight, to prevent excessive flow of secretions into the mouth and stomach. Cases will be found representing all the degrees from excessive moisture to excessive dryness, and they must be managed accordingly. Those lacking moisture may use fluid foods, or they may have to use fluid with their meals; those with too much moisture should eat dry foods, and refrain from taking fluids with their meals or for three to four hours after eating.

NORMAL PEOPLE MAY ABUSE THEMSELVES

Normal people, or those supposed to be normal, may drink excessively during and after meals with apparent impunity; they may eat to excess and break every health law; and, occasionally, one may live to old age. However, only a small per cent live to be old, and they form the exceptions; the rule is that people die years before their time, when they break health laws. But the minds that jump to their conclusions do not consider the nine hundred and ninety-nine who started life with the octogenarian, and who are gone—the majority before they were half his age; if they did, they would see that the chances for living to old age, when practicing or living a haphazard regimen, are one in a thousand. To point to old men, who are addicted to bad habits, as proof that such habits are not harmful, but conducive to long life, is as devoid of reason and truth as it would be to point to the old soldiers of the G. A. R. as proof that warfare and camp life are conducive to old age.

HURRIED EATING

Hurried eating invites overeating. Food swells after it has been railroaded into the stomach, and in thirty to forty minutes after a hurried meal the victim of the bad habit feels uncomfortable; for he really has at least one-third more food in his stomach than he would have eaten if he had thoroughly masticated and insalivated what he ate.

The practice of eating fast, or swallowing food before it is properly prepared in the mouth, gradually develops dilation of the stomach, and a time comes when the normal mechanism is destroyed; then food will be retained in the stomach too long, fermentation will take place, gas will be generated, and this further dilates the stomach.

Those with a cultivated thirst often bring on dilation of the stomach. This disease is hard to cure when once fully developed. The first and most important remedy is to stop forever the cause. Nature does wonders for the repentant, if the repentance brings full reformation. Cures without reform are peculiar to the drug profession, and they are conspicuous for their failures.

THE IMPORTANCE OF THE FOUR RULES

Those who familiarize themselves with my four rules, three of which were discussed in Chapter V, have the keynote to the application of my therapeutics. The best diet—the food that is the most suitable to a given case—will positively fail if these rules are ignored.

The majority who give any attention to diet at all are clamoring for food formulas; for food combinations; for a balanced bill-of-fare; for food value in heat units, tissue-building, nerve- and brain-building; but there are few clamoring for knowledge of whether they have power to digest, and how much and what foods they have power to digest, and what foods are and are not suitable for them.

The average food expert *knows that a given food is desirable*—that it has values that make it ideal for the support of life. The thought that perhaps his pet food cannot be digested and assimilated by a certain per cent of people has never come within his mental horizon, and probably never will; for such thoughts are evolved only through the pain of necessity, and such necessities come only to those of large experience with the daily needs of numerous sick people; it can't, and never will, be evolved by the theoretical mind—the mind that gains its experience in the laboratory, or spends its time in dreaming and *compiling opinions.* Vital truths are begotten and brought forth in travail.

Of what possible benefit is the knowledge that peanuts are an excellent food, if the one to be cured can't digest them?

Whole-wheat bread is a splendid food for those with power to digest it; but how about the invalid who cannot extract nourishment from it?

These are questions that will not be answered by men whose principal stock of medical knowledge consists of a conceit reinforced by a good-sized prejudice. Those who practice the healing art on paper, or lecturing, say a lot of nice things that are not true; but inasmuch as they don't know, they can say them just as though they were true, and as the average layman does not know any better, the fallacies are accepted as truths.

WHY FOOD SHOULD NOT BE GIVEN IN FEVER

One of the most important truths that I have evolved is that the body cannot digest and assimilate food when there is fever, pain, or discomfort; and to feed under such circumstances builds disease, or, at least, inhibits the throwing off of disease. The body does its best work in throwing off disease when at rest and warm, and when nothing but water is taken into the stomach. The mind must be at rest as well as the body.

It should be common knowledge that no improvement in disease can be made when the extremities are allowed to be cold most of the time. Sick people must be warmed by artificial heat, both in acute and chronic diseases.

COLD EXTREMITIES

Cold extremities should be interpreted as auto-infection, brought on from constipation and intestinal indigestion. These subjects are in the habit of eating too much starchy food—too much, because they have small digestive power for this class of foods; and, strange to say, this is the class of people who eat freely of whole-wheat and bran bread. The coarse bread is used because of its reputation for regulating the bowels; but it is a false reputation, for this class of patients soon evolves a toleration for the roughness, and the cellulose which is reputed to be a remedy for constipation acts in exactly the opposite way. This statement will call out the condemnation of my vegetarian friends, but experience has forced me to abdicate the generally accepted opinion on this subject.

DRUGS IN TYPHOID AND OTHER DISEASES

When drugs are given, rest is broken; for if they have any influence at all, it is to depress and retard recovery. A bare exception to this rule may be when the remedies used are to overcome bowel obstruction, and then a heavy head-and-hand prescription may do more harm than good in carrying out a plan for freeing the bowels of an accumulation that is causing disease. For example, in typhoid fever, if the bowels are forced to move, it may cause hemorrhage; in appendicitis, an attempt to move the bowels with drugs may cause death; in real obstruction, drugs given to move the bowels may cause perforation and death. There is a truth that should be known to medical men; namely, that heart tonics and stimulants wear the heart out—that patients with heart disease will live much longer, and stand a better chance of getting well, the less heart medicine they take.

DRUGS MASK SYMPTOMS

There is no excuse for the use of drugs; for cures can't be made by them, and they do mask symptoms, making it difficult to tell exactly if the symptoms present are those of disease or those of drugs; and if food is being given, the symptoms will be still further modified.

The influence of a fast or food is so pronounced, when not modified by drugging, that proper feeding, or, I might say, the proper withholding of food and the proper administering of it, furnishes a potent and most reliable therapeutics; indeed, it is the only correct treatment of disease.

ACID FOODS

If the desire for food is normal, acids will be enjoyed by most people, but the craving will go out for fruit. Children are especially fond of fruit, and when they cannot get what they want, they will take what they can get, even if it is green or unripe fruit.

There is a prevailing belief that children are made sick by eating green fruits, and even ripe fruits are credited with causing diarrhea. The truth is that fruit is incapable of producing any sort of disease without the aid of other foods. I learned years ago that diarrhea, said to be caused by fruit, came from the incompatible mixture of fruit, fried chicken, flour gravy, bread (not well baked), pie, cake, and often other varieties of foods.

TONSILITIS CAUSED BY STARCH AND FRUIT

I have been instructing my clients, for several years, that starchy foods combined with fruit are the cause of much indigestion and simple tonsilitis or sore throat; and that, when meat is added to this diet, the throat derangement is liable to take on a septic form, or what is commonly known as diphtheria.

Acids and starches, or fruits and foods made from cereals, mixed in a haphazard, indiscriminating way, build a nervous derangement that will manifest itself in all sorts of catarrh, and many little sicknesses common to children.

CHILDREN SHOULD NOT BE SICK

The absurdity of children being sick at all is not exceeded except by the stupidity that recognizes the fact as an unavoidable necessity—that it is divine will, and to question the need or advocate its correction is sacrilegious.

I say there is no need of sick children being the rule, and healthy children the exception; and I know that this state exists because of inexcusable ignorance. And this ignorance is not confined to laymen; it has its origin among medical men, the majority of whom do not know enough about diet to be intrusted with the feeding of pigs, not to mention their incapacity for directing the feeding of children.

DIETETIC CRIME

No greater dietetic crime can be committed than to feed children fruit, cereals, and sugar for breakfast. The child's desire should be consulted, and if it prefers fruit to any other food, it may have all the fruit it wants, with milk, but positively no bread nor cereals of any kind with fruit. Characteristic of the prevailing lack of understanding, it is generally believed that fruit should not be eaten with the dairy products; but, to refute this fallacy, I point to the usual amount of sickness among children, which is enough to damn all popular opinions and methods of feeding.

The habit of eating too many varieties of food is as condemnable as the incompatible mixing. When meals are simplified, the opportunity for making absurd mixtures will not be so great, and the temptation for overeating will be vastly overcome.

If children were left alone from birth, and allowed to follow their inclinations, they would not make so many mistakes as they do. Most mothers will say: "Look here, William Henry Harrison Johnson; you must eat bread with that honey, preserve, or fruit-butter; it is bad for you to eat so much of the sweets;" or, "Child, you must not eat so many eggs or so much meat; you must eat bread with your meat; so much meat will kill you; you are eating enough chicken to kill you; you must eat more bread." And so it has been for ages. The staff of life has been urged until it has become the staff of death; yet the blind human parents and family doctors declare that the disease-producers are meat and fruit, and that other foods are innocent of the charge, in a meal where one to a half-dozen starches are eaten.

CHAPTER VII

GRAPE juice is recommended as a tonic food for the sick, and also as a food for those who are well. It should be known, first, last, and all the time, that food should not be used as a beverage. Water is the only legitimate, non-nutritious beverage. Grape juice is a food, and should be used at a fruit meal with the dairy products, and with no other kind of food. People who take grape juice in a haphazard way, between meals and at mealtime, mixed with any and all sorts of foods, will surely come to grief in a digestive way. Drinking grape juice between meals is eating between meals—a habit that will surely end in ill-health sooner or later. This habit of eating between meals is one of the principal causes of sickness in children. Grape juice with cheese makes a good breakfast; or grape juice and clabber, or buttermilk, mixed in equal proportions, two or three glassfuls, will make a satisfying breakfast—one that will not cause languidness, if food should be taken at all. A tablespoonful of grape jelly or jam, dissolved in hot water and mixed in a half-pint of clabber or buttermilk, will take the place of grape juice and milk.

DRINKING IN HOT WEATHER

I do not think there should be a limit to drinking; only those, however, who eat too much and of too hearty foods, or use too much of condiments, will have an uncontrollable thirst, and only those who eat and drink inordinately will suffer from the heat of the summer months.

Cold drinks and ices may be used at the close of a meal, but after digestion is fairly under way, cold drinks or ices should not be taken into the stomach until digestion is completed, which requires from two and a half to four hours—two and a half hours after fruit meals, and four hours after meat and vegetable meals. People in full health are given to abusing themselves in this way until they are sick; those who are sick have done so—they are "has-beens."

Those who can enjoy a simple drink may mix together two to four tablespoonfuls of jelly, shaved ice, and water. The jelly may be dissolved in half a cup of boiling water, and then add the ice. If the jelly is acid, sugar may be added, or lemon juice and sugar may be used with any jelly desired. It will be necessary to use boiling water to dissolve the jellies.

Grape and lemon juices with ice make a delicious drink.

Iced tea and coffee are popular table beverages in the summer time. Tea and coffee are injurious to those who use them; those with least resistance and enervated most will suffer most, and those with large resistance will be least affected; but there is a beginning and an ending to everything, even to the best health and the finest physiques. Not many know that coffee and tea are injurious; a few are willing to believe it, yet they are not influenced by the knowledge; but, knowing it, they should not complain when heart palpitation, heart weakness, constipation, hardening of the tissues of the body, and premature aging overtake them.

WHEN TO EAT

Many people think they need food tables; they want to calculate on how much food they shall eat. In Chapter V are given four rules for the guidance of those who wish to know when to eat and when not to eat, and I know from forty years' experience that those four rules are of more worth than all the food tables, showing the composition of food, that have been printed up to date. No table can show anything more than an average report on the constituents of each article of food, and while this average answers the purpose very well for the staple foods, the fruits and vegetables must vary from a very low to a high nutritive value, depending upon the soil, the fertilizer used, and the atmospheric state, all of which must vary. To assume that it is necessary, or even possible, to know the quantitative analysis so as to determine the value of foods taken into the body is nothing more or less than bigotry and stilted assumption, and certainly not in keeping with the usual ignorance displayed in feeding the sick. If it were necessary to know the exact composition, an analytical chemist would have to analyze every crop of every garden; and where two or three crops in succession are raised on the same soil, a chemical examination would have to be made of each crop; for the soil would not be the same with any two crops. Chemists would also have to establish a laboratory between the kitchen and the dining-room, and carefully analyze every article of food, to see how much food value had been lost in the cooking, and how much the chemistry had been changed by the cooking; also to discover how much the food, served on the table, had been changed by the adding of the seasoning, condiments, and mixing; and, neither last nor least, determine what change the digestive secretions bring about. This would necessitate a knowledge of the state of the mind and body at the time of eating, and for weeks before.

After all these analyses, who can guess what the influence of the food will be on the body? The body of man will never be a machine whose operations can be calculated upon in advance.

The amount of time that has been spent in analyzing foods and compiling elaborate tables has resulted in many exceedingly scientific works on food, diet, and dietetics; but how many students of those books can cure a disease caused by overeating? How many can say if a given case has been caused by overeating, undereating, or a lack of certain elements in the food; or if the patient, from enervation, has lost his power to assimilate certain elements, or has lost his power to transform certain elements into the necessary tissues?

Scientific dietetics is like scientific surgery. A most splendid operation can be performed, but is it needed? What caused the disease for which surgery is offered as a cure? The cause is not included in the effect, and must remain after surgery has removed the effect.

Bacteriology is a science—one of the most perfected sciences with which the physician has to do; it has been elaborated and worked out in the laboratory, or in thousands of laboratories; it has become, in many respects, an exact science; but it won't cure disease—or, at most, its utility is limited. And that is exactly what is the matter with scientific dietetics—namely, it is limited.

EMPIRICISM AND SCIENCE

It takes empiricism, guided by science, to solve the problems of man's relationship to nature. Neither empiricism nor science can do it alone.

Is there any good reason why the explanation I give of the failure of scientific dietetics to work is not true? If what I have said is not convincing, let us go back to the objections advanced by nature (common-sense and reason). If so-called scientific dietetics is true, what has hindered man from being swept from off the face of the earth since he evolved away from his primitive instincts which enabled him to select his food, and before science discovered how he should eat?

My rules for guiding mankind in eating are based entirely on the laws that guide and protect uncivilized man and undomesticated animals. The animal does not eat when it is sick, and it eats only when it is hungry. The aboriginal man was not troubled with tempting foods; hence he ate only when hungry. He would have been in ill-luck if forced to adopt scientific dietetics, or die—if science alone would save him. Indeed, if nothing but scientific dietetics will save mankind today, what prevents us all from being swept into eternity?

Nature evolves logically, and until a discriminating mind (ratiocination) is developed, man is protected by instinct; selfishness and commercialism have outrun reason, and we see man mentally marooned on a scientific island, with his common-sense compass (instinct) failing to point the way back to self-preservation.

SELF-PRESERVATION LOST

The reason for man's lost self-preservation is his enthrallment to the commercial spirit. Foods are indiscriminately distributed; we see people in the tropics and semitropics eating foods adapted to the cold countries, and *vice versa.* Few tables but have too large a variety, and of incompatible foods; and those that are lacking in variety are furnished with too much starch and fat. I have seen the tables of the well-to-do furnished with two varieties of bread, potatoes, rice, macaroni, meat, gravy, starch pudding served with cream, pie, cake, pickles, and preserves. Very poor people have bread, potatoes, sow-belly, gravy (pure fat and flour cooked together), and coffee. Left-over potatoes are fried in lard—stewed in fat would better express it.

A large per cent of the farming class, as well as the urban working class and mountain people, have very little fresh fruit and vegetables on their tables during the year. What is the consequence? They grow old fast, and die prematurely from senile diseases—arteriosclerosis, paralysis, and nervous diseases. Those who can't have a large variety, often improperly prepare and combine what they have. Fruits are ruined by cooking and preserving in sugar.

Bread and butter, jams, fruit-butters, preserves, or jellies, with coffee or tea, are eaten together habitually, and this style of eating aids in building headaches, neuralgias, rheumatism, and in time ataxia, hardening of the arteries, and other old-age diseases.

Fruits prepared and eaten in this way lose all their blood-cleansing properties. Too much thought is given to eating, and not enough to what should be eaten; a necessity has been converted into a pleasure; desire (hunger) has degenerated into habit (appetite), and habit has brought overstimulation (disease), with perversion of sensation until man has lost his normal guide and is at the mercy of sensualism.

A LARGE PER CENT ARE FOOD-POISONED

Laymen understand somewhat the plight of those who are under the dominating influence of drugs—alcohol, opium, morphine, cocaine, *et al.;* but they are not prepared to believe that there is a larger per cent of mankind who are food-poisoned, and are as greatly under the dominating influence of the stimulating action of foods as are the victims of drug habits under the influence of drugs.

Laymen, as well as doctors, imbibe the universal belief that disease comes from extraneous—outside-of-the-body—influences; this is erroneous, and as long as this fallacy is believed by the people, diseases will thrive. No intelligent person can be made to believe that outside-of-the-body influences create the diseases that are peculiar to drug action; yet these same people look askance at one who carries the theory a step farther and declares that food stimulation *carried to excess* brings on food-poisoning, which receives the various names given to disease, depending on the part of the body affected most.

HOW INEBRIETY IS BUILT

If the students of this subject, or those who read for general information, will begin at the bottom and work up, they will have no trouble in forming a correct opinion. For example: The inebriate does not have the drinking habit when he takes an occasional drink with his friends; he must drink steadily for a long time before he wakes up to the fact that he feels uncomfortable when circumstances place him where he cannot get his accustomed stimulation. After a few such experiences he establishes the habit of carrying stimulants with him where he is liable to need them. When the habit is confirmed, his face and eyes, and often his abdomen, indicate his habit. He is surprised occasionally by having a friend say to him: "Don't you think you are drinking too much?" Such a suggestion, when it is first made, causes him to be indignant; but in time he becomes used to it, and from this time on every duty is neglected; every promise to friends is broken; incapability takes the place of capability; friends abandon him one by one, until he is left alone in his drunken glory. The relief from discomfort once experienced by taking the alcoholics is lost, and unless *soaked*, paralyzed, with whisky he is wretched; hence he keeps himself paralyzed as long as he is physically or financially able to get the required stimulation. Alcohol causes and cures (?) his disease as long as he can get it, after which he must be taken care of by his friends, and cured, or die a lonely, miserable death.

The coffee habit grows the same way; those who use it feel stupid without it; many declare they are no good until they get it, and others suffer with headache when deprived of it.

A little reflection by those who *can* reason should cause them to decide that a habit that is capable of bringing about such experience must be detrimental. A drug, coffee for instance, that is capable of causing one to suffer with headache and nervousness generally is a good thing to let alone.

Instead of coffee, take tea or tobacco; the influence of these drugs is as detrimental as that of coffee.

Let us carry the thought of drug action to food and emotional stimulation; for it should be known, and never forgotten, that anything that affects the body affects it through stimulating the nervous system. Thought of food causes the saliva to flow; this excitement, although nothing more tangible than thought, stimulates the nervous system, and through the nerves the glands are made to act. This is so trite that everyone knows it, yet few associate the idea of a possible overstimulation from this source; but it is a fact that the nervous system can be broken down and enervation brought on by overthinking; by the overuse of the eyes; by adverse depressing suggestions; by too much pleasure and too much sorrow.

If the above is true, why can't the partaking of too much food, the wrong kinds of food, bad food combination, etc., cause overstimulation, enervation, retained excretions, systemic poisoning (in the form of all diseases), and death?

DRUGS KEEP DOCTORS FROM UNDERSTANDING DISEASE

The more a reasoning mind thinks about these truths, the larger and more important they become, and if it were not for the bad habit which doctors have of giving drugs to sick people, very much more would be known of food-poisoning. Drugs make and prevent symptoms to such an extent that the wisest minds are made to feel at times as though chaos reigns, rather than law and order.

I used drugs for twenty-five years, and I know how chaotic the mind of the physician is made to feel when food and drugs work together in stirring up a medley of symptoms to complicate and intensify diseases. It is safe to state that at least seventy-five per cent of all symptoms common to disease, fail to develop when food and drugs are not given; the symptoms that cause the greatest suffering for the patient, and anxiety on the part of relatives and friends, are shorn of their intensity, and the sick-room becomes a place where poise reigns, instead of anxiety and fear. Even the diseases that are fatal in their severity can be carried to the end more humanely.

SIGNS OF INEBRIETY

Inebriety is known by the puffiness of the face, especially about the eyes, nose, and cheeks; often a generally bloated state of the body exists along with bad breath, engorged liver, kidneys, and bowels. Coffee, tea, tobacco, and alcohol, with food-poisoning, directly and indirectly, cause much of the sickness to which the body is heir.

The first symptom of food-poisoning is a feeling of discomfort; it may be in the stomach about mealtime—a symptom that some describe as hunger pains, others as an all-gone feeling, and still others as a gnawing feeling. Eating relieves it, and that is why those who have the symptom believe it is due to the need of food. As the disease (nervous irritation of the stomach) advances, those suffering with the symptom acquire the habit of eating between meals, because, while the disease is developing, eating always brings relief. It is the same kind of relief, however, that the inebriate experiences when he finds relief in taking a drink, and the same kind of relief that the morphine and cocaine fiends find in taking an extra dose of their drugs. All lead to ultimate ruin. The food fiend finds relief in this way until gastritis, ulcer of the stomach, or cancer converts such relief into pain—yes, torture. Possibly the discomfort may be tolerated without any attempt being made to correct it, until the ulcer eats through or causes perforation; or cancer of the pylorus develops, causing retention of food in the stomach through obstruction of the pyloric orifice.

Eating hot foods, and drinking fluids too hot to be taken into the stomach, are habits that are very prone to start up a stomach neurosis. Many people drink coffee and tea too hot.

Eating too much of the staple foods, thereby overtaxing the digestion, soon sets up disease.

SUMMER EATING

Fruits and the succulent vegetables should make up three-fourths of the quantity of food consumed during the summer, and fully one-half of the amount eaten during the winter, except when the weather is zero and below—then not more than one-fourth.

It is very difficult for healthy people to overeat when they adhere to these rules of proportion. Overeating, with its consequent diseases, is due almost wholly to the fact that the staples are eaten exclusive of other foods.

Fruit and succulent vegetables when cooked lose their antiseptic properties and are not of great food value, except that when eaten they help to fill up and supply a desire for fulness that would otherwise be supplied with food of greater nutritive value, and thereby lead to overeating and disease.

SALADS AND FRUIT PREVENT FERMENTATION

Uncooked fresh fruits and vegetables, when taken in the proper amounts with the staple foods, tend to check or prevent pathological fermentation when more food has been taken than the digestive secretions are able to take care of in a reasonable time.

Cooked fruits and vegetables will not do this, but in reality add to the burden already placed on digestion by the staples which are usually deoxidized by cooking.

FRUIT—HOW TO COMBINE FOODS

People who are out of health should eat very few varieties of food at a meal, and fruits should be eaten in a meal by themselves; bread or other decidedly starchy foods should constitute another meal; and meat, fish, fowl, game, eggs, or nuts, with the cooked and raw non-starchy vegetables, should constitute the dinners.

Many sick people are veritable vinegar factories; hence, for lunch, yeastless bread should be eaten with butter, followed with a simple vegetable soup, or a glass of milk, either sweet, buttermilk, or clabber. Breakfast: fruits, cooked or raw, by themselves or with the dairy products. For dinners, meats or nuts, with salads and cooked non-starchy vegetables.

In Chapter VI, page 88, I stated that bread, butter, and raw fruits may be eaten together exclusive of other foods. This statement I have changed, and it now reads: "Those in health may eat fruit and bread;" but this was overlooked. And while I am making this qualifying statement, I may as well repeat what I have said before, namely: Raw fruits and vegetables, when eaten, resist fermentation much longer than cooked fruits and vegetables; hence those with slow digestion would better eat the uncooked fruits and vegetables. Those with full health and digestive ability may eat mixed meals with seeming impunity. However, in time, indiscriminate eating will bring on physical derangement. People who are really out of health; who show more or less physical derangement; those who are knocked out three or four times a year with a short sick spell; those troubled with headaches, rheumatism, or any form of sickness, should avoid mixing fruits with other foods except the dairy products; the decidedly starchy foods should be eaten singly with milk, or a vegetable soup, made without meat or meat stock; meats, fish, or eggs should be eaten with vegetable salads and cooked non-starchy vegetables. There is nothing new about these latter suggestions, but I am compelled to write very plainly and repeat often to keep from being misunderstood.

Most of my writing is done with my mind on those out of health, and people who are well, or who think they are, look upon my suggestions, regarding food, food combinations, etc., as too limited. I think it best to err on the safe side; for people in health will probably do as they please as long as they can, while those out of health may be made cautious by proper restrictions.

I believe the plan of eating that I outlined above very safe even for people in full health, if they would grow old gracefully and in possession of their faculties. Indiscriminate eating of hodgepodge menus is general, and disease is also general, and I know from experience they are related as cause and effect.

THE HUMAN PACE IS KILLING

Life today is lived at a tremendous pressure; the pace is killing from a social and business point of view. Add to this the usual overtaxation of the digestive function, and man is headed for physical bankruptcy. If we can't slow down in business and social life, we must give up overstimulation in eating, drinking, and the use of tobacco and other drugs; our foods must be simple and mixed in a simple way; if not, then we must give down, and, willingly or not, join the ranks of invalidism; after which, if we are ever cured, we certainly shall be compelled to give up the habits that broke us down.

Physiological rest is needed by all who are sick, and the four rules I discussed in Chapter V, page 78, and Chapter VI, page 90, must be observed; if they are not, no amount of care in securing the proper food and preparing it right will be of any benefit. When a patient is uncomfortable, there is no proper food for him; he must be fasted until comfortable.

CHAPTER VIII

MENUS SUGGESTED FOR SUMMER EATING

I HAVE recommended the propriety of going without meat in the summer time. I still believe that those who are healthy can have more dependable health by abstaining from meat in hot weather; however, more depends on prudence in eating than upon what is eaten. This statement is intended for people in full health; those who are not in good health must eat according to rules, and they should not vary from them until health and resistance are built to a degree that will justify them in being a little indiscreet.

If the readers find meat and fish recommended in some of these menus, please remember that there are many readers who want to know how and when to eat animal foods, and in what combinations. I myself believe in all foods, and eat what I like and think best for me in summer and winter. I believe that an educated discretion is a better guide to eating than hysterical sentiment and fanaticism. If I want a summer food in the winter, or *vice versa*, I take it; this is a privilege everyone should have, except those whose health will not allow any change from a fixed routine.

Breakfasts—

1. Fruit (cooked), with sugar and milk, half cream.
2. Prunes cooked in *little* water and served with rich milk.
3. Prunes as above, with cottage cheese and buttermilk.
4. Prunes, with cream cheese and buttermilk.
5. Preserved figs, or any preserved fruits; cream, half milk, and buttermilk. It is best not to eat cooked and preserved fruits

with bread or any decidedly starchy foods; for this style of eating favors fermentation and invites overeating. (See pages 88 and 108.)

6. Grapefruit, dressed with sugar, followed with buttermilk.

7. Bananas, followed with teakettle tea.

8. Berries, sugar and cream, followed with buttermilk. Those in full health can eat flaked foods, puffed rice or wheat, or biscuits and butter with berries, no sugar.

9. Berries, with lettuce and tomatoes equal parts, dressed with salt and sugar, or olive oil, or sour cream and sugar.

10. The above, with cottage cheese and buttermilk.

11. The above, with cream cheese and buttermilk.

12. The above, with biscuits or toast, butter, and teakettle tea. The sugar should be left out when starchy foods are eaten.

13. The above, with biscuits, butter, eggs and breakfast bacon, and a cup of coffee. (I do not recommend coffee, and bacon oftener than once or twice a week.)

14. Broiled fish, dress with salt, butter, and lemon juice; and a salad of lettuce and tomatoes, dress with salt, olive oil, and lemon juice.

15. Broiled fish, bacon, biscuits or toast, and teakettle tea, or coffee for those who use it.

16. Broiled fish and berries without dressing, or a fruit salad without sugar.

17. Soft-boiled eggs, bacon, and corn bread.

18. Corn bread, butter, and buttermilk.

19. Eggs, soft-boiled, and waffles with butter and syrup.

20. Scrambled eggs, corn bread or waffles, and buttermilk.

(The menus from 14 to 20, inclusive, are suggested for picnics and fishing parties or for late breakfasts.)

21. Lunches in the woods: Fried or broiled chicken; a combination salad of lettuce, tomatoes, cucumbers, and onions, dressed with salt, olive oil, and lemon juice; fruit or grape juice, or buttermilk. Prepare the salad and carry in fruit jars.

22. Biscuits, lettuce, and cream-cheese sandwiches; nuts; combination salad, the usual dressing with the lemon juice left out; buttermilk.

23. Biscuits and butter; cream cheese; combination salad, adding one-fourth canned salmon, herring, or minced chicken with lemon juice left out; buttermilk.

24. Whole-wheat biscuits; butter; well-ripened sweet peaches or berries.

25. Cantaloupe, all desired.

26. Cantaloupe; fill with quite ripe berries, sugar if the berries are sour, and cream if desired.

27. Cantaloupe, sliced bananas and whipped cream.

28. Watermelon, or watermelon and berries.

29. Berries, sugar, and cream; cream cheese; pecans, walnuts, brazil nuts or blanched almonds, and buttermilk.

30. Carque's sun-dried foods are excellent for breakfasts or picnic lunches; his nut butter is the best of any on the market that I have seen.

Lunches—

Heavy eating in the middle of the day is not conducive to comfort or business. Many men have tangled their business affairs because they have undertaken to do business in the head and the stomach at the same time.

Of course, there will be readers of this statement who will declare that the author has gone "bat-house." Every decided opinion that has ever been expressed has sent someone into the air declaring that the one who expressed it had rooms to rent in his attic.

Farmers send themselves to an early grave because they must eat heartily, for they have to work hard.

Of course, the hunter and the race-horse man send their animals on a hunt or a race with empty stomachs, but they themselves must be *full of good nourishing food*, or they can't direct the chase or race. The result, as every observant individual should know, is that few of these men make a success of their business. Why? Because at the vital moment—the psychological moment—their brains are *dividing blood with their stomachs*. It is said that ninety-five per cent of business men fail. Why? Because at the vital moments—at the time when sound judgment is necessary—the brain is depleted because the nerve energy is being expended in a physical process.

HEAVY EATING AT NIGHT

"Dr. Tilden, you surely would not recommend the people to eat their heaviest meal in the evening? Everyone knows that eating at night is conducive to bad sleeping and ill-health." My answer to this is, that if everybody believes that dinners in the evening are bad for the health and not conducive to sleep, everybody believes a fallacy.

Those who eat three hearty meals a day will come to grief. Those who have eaten all they should eat before it is time for the evening meal will not rest well if they eat dinner in the evening; but if a reasonable breakfast has been eaten, and almost no lunch, then a hearty evening meal will agree, woo sleep, and build health. Those who are tired in the evening should rest before eating dinner. If food-poisoning has not been developed by eating a large breakfast and lunch, young and middle-aged people should not tire very easily, and when they do tire, fifteen to thirty minutes' relaxation should fit them for a hearty evening meal.

Those who are tired all the time are food-poisoned; their minds are made inefficient by the acid of decomposition.

If there is a reader of this who is tired all the time, and his wages are not so large by half as he should earn, take this tip from me: Don't eat anything for breakfast and lunch, and live on a reasonable-sized dinner, eaten in the evening, until your wages double. If this is faithfully carried out, the increase in salary will come within one year; if not, write to me, and I will help you to find the reason why.

Don't eat much lunch. A glass or two of buttermilk; a little fruit or melon; a dish of ice-cream; lemonade; a dish of fruit salad or a cup of custard.

Dinners—

I shall suggest dinners to match the breakfasts I have named. The reader must select to suit himself; using the meals I have suggested to guide in extemporizing menus to please his taste.

1. Baked potatoes, two cooked non-starchy vegetables, combination salad. Dessert, a cup of custard.

2. Pecans (forty half-meats), cooked non-starchy vegetables; combination salad (one-third strawberries), dressed with salt, sugar, and sour cream. Dessert, ice-cream or prune whip.

3. Corn bread, two eggs, non-starchy vegetables, sliced tomatoes, and buttermilk.

4. Navy or butter beans, combination salad. Dessert, berries, cream, and sugar.

5. Macaroni and cheese, cooked non-starchy vegetables, sliced tomatoes or combination salad. Dessert, cup custard.

6. Baked fish (without grease); dress with salt, butter, and lemon juice; combination salad or slaw, spinach. Dessert, berries.

7. Pecans, or other nuts (two ounces of the nut meats), combination salad, and cream cheese. Dessert, wheat flakes, berries, and whipped cream.

8. Stewed chicken or roasted lamb, combination salad, fresh peas and beets. Dessert, pineapple and cream.

9. Corn bread, butter, spinach, string beans, and broiled bacon served with one poached egg. Dessert, peaches or other fruit without dressing. For people in health only.

10. Baked beans, combination salad, and prune-whip for dessert.

11. Pecans (two ounces of the meats), two ounces of cream cheese, berries, and buttermilk.

12. Baked fish, combination salad, stewed tomatoes. Dessert, fruit.

13. Spinach and hard-boiled eggs, cream cheese, sliced tomatoes; berries, peaches, or pineapple with sugar and cream.

14. Wheat flakes; berries, peaches, pineapple, or prunes; allow the fruit to stand a few hours in sugar. Fill a dish two-thirds full of wheat flakes, puffed rice or wheat, and one-third of the sweetened fruit; serve with whipped cream; sliced tomatoes and cucumbers, or a combination salad. For people in health only.

15. Pecans, cottage cheese, berries, and buttermilk.

16. Pecans, baked potatoes, and combination salad. Dessert, ice-cream.

17. Navy beans and salad. Dessert, custard.

18. Combination salad and cooked non-starchy vegetables. Dessert, ice-cream and berries.

19. Fried chicken, two cooked non-starchy vegetables. Dessert, cherry or apple pie, cheese.

20. Peach cobbler and buttermilk. Dessert, ice-cream.

21. Wheat flakes and fruit, served with sugar and cream.

22. Fruit and melons.

23. Melons.

24. Pecans, cheese, combination salad, buttermilk. Dessert, fruit.

25. Baked fish, dressed with salt, butter, and lemon juice; combination salad; one or two cooked non-starchy vegetables.

26. Baked beans, combination salad. Dessert, cup custard.

27. Corn bread, soft-boiled eggs, broiled bacon; spinach or mustard greens. Dessert, ice-cream.

28. Wheat flakes and fruit, served with sugar and cream; combination salad.

29. Baked potatoes, two cooked non-starchy vegetables, combination salad. Dessert, ice-cream.

30. Pecans, combination salad, cheese, and buttermilk. Dessert, ice-cream and berries.

Those who object to eating meat or other animal food should substitute nuts. The pecan is one of the best. English walnuts are good, but, when used daily, produce irritation of the throat and stomach. The brazil nut is fine. Fifteen pecans and five or six brazil nuts, with cooked vegetables and a salad, make a very satisfactory meal. Fresh fruit, nuts, a vegetable combination salad, and cottage or cream cheese, make an elegant meal and save the trouble of cooking, which is a desideratum in hot weather. Whole-wheat bread, made into biscuits or bread sticks, butter, and any fruit that can be enjoyed without sugar and cream, make a force-imparting meal, and one that is not overheating, and should be followed by comfort by anyone in fit condition to eat hearty food. Please, reader, do not think you can substitute cooked fruits dressed with sugar and cream, and secure the same results. People troubled with much fermentation should not eat fruit with any food except the dairy products.

CHAPTER IX

GENERAL ——— ate for his breakfast this morning a hodgepodge of fruit and cereals, washed down with coffee and held down with a cigar; he is now seventy-five years old, and always eats as he likes!" This bit of information was given me as proof that my preachments —my half-baked food ideas—are all pipe-dreams.

Let us see about this extraordinary exception to my theories and teaching. It is said there are exceptions to all rules; but this is one of civilization's lies. There are no exceptions to any rules, for like causes always bring like effects, and when unlike effects follow *like* causes, a wise man will endeavor to find, if possible, what has gone wrong with *like causes.* If cause is single and the same, and it does not produce a like effect every time it acts upon a given object, the object has changed. If the nature of cause and the thing acted upon are always the same, the effect will be as positive as law and as unvarying as the sun.

What I shall say will be wasted on children and undeveloped adults; my explanation will find sympathy and appreciation only among those who have learned to think and have placed under their mental structure the chief cornerstone of all reasoning; namely: that Law and Order rule man's body and mind as well as the universe.

Fortunately, I have a personal acquaintance with General ———. He is an old soldier; he went through the Civil War, and proves, by not getting killed, that war is not murderous—that war does not kill those who are engaged in it. He has one of the loveliest wives I know; her voice distills a healing balm that antidotes all domestic woes, and her face is illuminated by the kindliest eyes that ever caused Care to forget his sighs; and although she wears a crown of three-score years, her form is not more worn than many at forty. The general has not only proven that food does not disturb those who eat it, and that bullets used in warfare do not kill soldiers, but that wives are all angels, and that there are no shrews. And this is not all: this extraordinary man has a second wife, who affords him great consolation; this much-beloved is Lady Nicotine, and in taking this lady unto himself he has forever dispelled the foolish notion that tobacco is injurious to those who use it.

This man, who proves by his life that food, bullets, women, and tobacco are all good and harmless, is one of the most successful gardeners in the country. Those who believe in special providence, luck, superhuman guidance, etc., could easily believe that the general has some magical power by which he compels the vegetable kingdom to wait upon him; but we will be consistent and say that he proves by his success as a dilettante gardener that all men are gardeners—that all families have their very own gardens, and that the masters of all households delight in gardening. General ——— proves that gardening is not tiresome, hard on the back—in fact, not hard work; for all that is necessary to do is to *hire* the ground broken and planted, then the gardener may sit in an easy chair under a tree, read the latest magazines, smoke good cigars, and invoke the fairies to watch and keep the vegetables growing. Vegetables do not need love's hand to remove obstructions to growth, and supply water and food at exactly the right time. Vegetables are insensate; they may be mistreated by being starved and stuffed; parched from lack of water, and then deluged until waterlogged; they have no moods to indulge, no spirit to retaliate for neglect! *They compound the elements fit for food when abused, the same as when treated kindly,* just as man does.

This old soldier, who has threescore and ten beaten to a frazzle, lives in one of the best homes in this city—*a city noted for fine residences*—and in this way proves that there are no poor and homeless people. And, neither last nor least, this extraordinary man has made a success of business, proving thereby that there is no such thing as failing in business; that business, like eating, may be indulged in in any sort of a haphazard way, and failure is impossible.

After indulging the satirical spirit invoked by the stupid inference that General ——— proves by eating contrary to health teachings that disorder and haphazard should reign supreme in the eating world, I will endeavor to prove that law and order does rule in eating as surely as in anything else.

Why can General ——— eat anything fit to eat, and combine his foods in any sort of a haphazard way with apparently no evil effects? Because he is not wasting nerve energy in many other ways. He is as nearly perfectly poised as it is possible for a man to be. He gets his rest; he not only sleeps, but he rests when he sleeps. He works with the least expenditure of force; the chafing and fretting elements enter not at all into his daily routine; he has never been sated in business, pleasure, or habits; his conscience is easy; he has no chestnuts in the fire that require the good offices of friends to drag out; he does not need to wear his business heart on his sleeve, nor talk ambiguously to thwart Honest Opinion's judgment. His daily life is an open book; his religion, the philosophy of life, revised by his personal experience aided by sobriety, sanity, common-sense, and reason. He practices the small vices moderately, and the large ones not at all. He eats with the relish of youth because he never gluttonizes; he senses the true relationship of nutrition and labor, and in this matter, as well as all other affairs of life, he keeps the balance true; at no time has he divorced labor and eating. Whatever others may say or do, he maintains his sanity. Others may work all the time, to the exclusion of rest and recreation, until so enervated that the functions of digestion are lost; others may feast and *recreate*, to the exclusion of work, until sated and ready to die of *ennui;* and still others may chase the iridescent dreams of fanatics on dietetics, physical culture, Divine, and Christian, Science, and other cults too numerous to mention; yet he maintains the even tenor of his way; and while all these hordes suffer deranged digestion and nutrition, because of nerve irritation and exhaustion, this man, who is wittingly or unwittingly psychologically adjusted to cosmic intelligence, eats in a manner that would kill many and send others to the hospital.

In the matter of poise this unique man owes much to a good wife; if she had been a Xanthippe or a Gretchen, he too might have had trouble with his stomach and found it necessary to select foods easy of digestion and the least liable to take on fermentation; he too might have found that Lady Nicotine would not, at all times, soothe his nerves and enable him to dream day dreams of an optimistic nature. Because this wife has not nagged him is no proof that he is more of a domestic angel than many men. The nagging sort of a woman would have found fault with his tobacco habit; she would have reminded him of his breath, the odor of his clothes, his indifference to, and neglect of, her for his tobacco, his garden, his billiard-room, his paper, his books, and perhaps for his lingering glances at other women; for he is a lover of art and has a collection that is worth thousands of dollars; and a man who loves art, music, and song loves woman as a species and adores rare specimens. This taste evidently cropped out young in the general; for he certainly selected as a wife a rare specimen.

SECRET OF GOOD DIGESTION

This man of remarkable appetite and digestion has certainly not always been proof against getting tired, and at times anxious and worried about business. If at such times his wife had misinterpreted his feelings and read into his mood a dissatisfaction with her, and an interest in some other woman, he might have had irritation added to his tire and anxiety, which would have inhibited digestive energy; and if this misunderstanding had continued, domestic unhappiness would have brought ill-health to both, marked by painful digestion and malnutrition.

I think I have shown, to those who have any reasoning power, why General ——— can eat food combinations that others cannot eat without getting into digestive trouble. The fact that he can eat all sorts of mixtures at a meal is no proof that it would not distress most people, and is no more proof that care in eating is not necessary to the majority of people than that his going through the Civil War without being killed is proof that battles are harmless or devoid of fatalities, or that because his wife is not a nagger there are no nagging women.

It is my endeavor to help my readers to take a general view of life, and not childishly fly to the conclusion that single experiences establish rules.

What proof does a reasoning mind need of the fact that bad habits and wrong life create disease, when it can be shown that the majority of people are sick much of the time, and this same majority have bad habits? Where one person can be found who has fine health, and great resistance, and who indulges in the petty vices without self-concern and without apparent ill effects, a thousand can be found who reap ill-health from just such sowing; hence, the rule is that bad habits and haphazard eating either bring ill-health, or emphasize disease brought on from some other cause or causes.

THE MAJORITY HAVE MORE OR LESS SICKNESS

In writing these food articles, I keep before my eyes the stubborn fact that the great majority of people have more or less sickness, and, to secure a reasonable amount of comfort, they must exercise care not to overtax digestion or overtax in any other way.

Christian Science and other mind-healing cults have demonstrated by actual cures made that many diseases have their origin in the mind. I do not take the exceedingly narrow view that people just think they are sick; there are a lot who do, but there are a lot who are sick in their minds from domestic, social, and business worries. Any worry is a mental sickness. A dishonest mind is a sick mind. When Christian Science succeeds in curing the worry habit, it cures all the train of physical derangements that are a consequence of worry. When mental science substitutes mental poise for mental unrest, it cures every physical derangement that results from lack of poise. When a church changes the disposition from that of envy, spite, or dishonesty to the opposite states, all the physical derangements consequent to the mental perversion are cured.

A physician must be able to administer to a sick mind as well as to a sick body. Mental irritations may be brought on from many different causes. The causes must be found and removed. While this search is going on, all auxiliary causes must be removed, and care must be taken not to create others by bad suggestions, drugs, food, or excessive stimulation from manipulation.

It is estimated that ten per cent of the body's nerve energy is required to carry on nutrition—to digest and assimilate the food required to support a normal, healthy man or animal; if, because of worry, excess, pleasure, overwork, or what not, energy is reduced fifty per cent, forty per cent of the energy left will be required to keep up nutrition; and unless other affairs of life are cut down—unless the usual amount of work and worry and all consumers of energy are cut down—the supply of energy will be used up, so that none will be left for carrying on nutrition.

WHY ONE PERSON CAN INDULGE MORE THAN ANOTHER

Common-sense and mathematics should give a reason, to any mind capable of reasoning, why one person can eat more than another and suffer no inconvenience; why one can smoke, drink, lust, or practice any stimulating habits more than another, without suffering as greatly. Of two men with equal nerve energy, it is self-evident that the one who uses the less energy will have the more reserve; or, if both practice a half-dozen enervating habits, the one who is more excessive will come into nerve exhaustion sooner than the other. It is also self-evident that the man with one bad habit can practice it to a greater excess, with less exhaustion, than the man who practices three bad habits excessively, assuming that either one of the three is as enervating as the one practiced by the man with one bad habit.

Overclothing, excessive eating, venery, and constipation are the common causes for the catching-cold habit; add to this excessive sugar-eating, tobacco, alcohol, drugs, unsatisfactory business, envy, jealousy, bad temper, and spite, and the victim who has all these vices is in line for cultivating any disease he is predisposed to have. Is it hard for those with common reasoning power to see that, if one bad habit is dropped, energy is conserved, unless some other habit is overworked, as we see in many instances where tobacco is given up the appetite for food is so increased and overindulged that nerve energy is used up as when tobacco was one of the enervating habits, or, when alcohol is given up, the use of morphine or some other drug is increased?

NERVE ENERGY IS USED UP IN DIGESTION

It is childish and unreasoning not to recognize that the partaking of food requires energy to convert it into tissue. As I stated before, ten per cent of the energy of a normal body is used up in digestion and assimilation, and when the nerve energy is used up in bad habits, the per cent of remaining energy required for digesting and assimilating food is increased, and, to prevent nerve exhaustion, habits must be controlled, and the eating must be cut down in amount and modified as regards digestibility. Starch, sugar, fats, and the decidedly sweet foods must be eaten very lightly or given up entirely, for they draw heavily on the nerve energy; sugar and milk starch, such as is found in the green table vegetables, peas, string beans, carrots, etc., are easier to digest; if meat is eaten, lamb, young chicken, fish, and eggs should be given the preference over the heavier meats. Where there is great prostration, all stimulating habits must be given up and the patient sent to bed for rest and relaxation.

If the ordinary haphazard eating of healthy people requires ten per cent of the nerve energy, twenty-five to fifty per cent of this amount can be saved by being careful in selecting food that is easy of digestion and possessed of oxygen.

CAUSE AND CURE FOR COLD FEET AND HANDS

The lower the nerve energy, the weaker is organic functioning; hence, such subjects have very poor blood circulation, their feet and hands are cold, breathing is light, and the exchange of gases in the lungs is imperfect. Foods should be selected that will require the least digestive power and be possessed of the greatest amount of oxygen. Instead of using clabber, or milk that has coagulated, it should be whipped or churned, and forced to incorporate much oxygen. Fresh uncooked fruits are better than cooked fruits; vegetable salads stand before the cooked vegetables; the cereals in the milk state are much to be preferred to the dry, matured grains; and beans and peas, young and tender, should be selected, not the matured.

UNREASONING HUNDRED-PER-CENT PEOPLE

The strong, hearty, one-hundred-per-cent man or woman often says to people who are minus fifty or more per cent of nerve energy: "Why don't you eat as I do? I eat good, strong, nourishing food. See my muscles!" As well say to these people: "Why don't you work as hard as I do? I work hard, lift heavy weights, and carry large burdens. If you would do the same, you would be as strong as I am." Or: "See my chest; I measure forty-two; I'm obliged to buy a forty-two coat. Why don't you buy a coat as large as mine, instead of a thirty-six? Such a coat prevents you from growing large and strong." The two latter propositions may appear ridiculous to those who are quite ready to make the first; yet the three are congenerous.

MANY PHYSICIANS, AS WELL AS LAYMEN, ARE STUPID AND IGNORANT ABOUT DIET

The idle, stupidly ignorant remarks on food and eating often made by people who are supposed to be intelligent brand them as not only ignorant, but as a nuisance and a menace to the sick, and obstructive to the spread of enlightenment. Many people pride themselves on being, or thinking they are, opposed to fad diet notions; they declare that dietitians are fakers or jolliers of the people; that there is not anything to the subject; and they prove there is not by eating the most abominable mixtures. They are unwilling to believe that the major portion of sudden deaths that take place among apparently healthy people are due to the overeating habit. It is true that nearly all, if not quite all, who die suddenly have other bad habits besides eating too much, but overeating appears to be the last straw; for death usually comes *immediately after a hearty meal:* "Mr. So-and-so died just as he had finished a hearty meal; he appeared to have been *in his usual good health.*"

Continuous hyperemia (too much blood) in the base of the brain and spinal cord overstimulates this important center, and as a result there is a weakening of the functions of important nerves, especially those governing breathing, digestion, and heart action. When these nerves have been overstimulated until their functions are impaired — rendered unreliable — perhaps because of an exhausted state of their usual ganglionic reserve, an unusual stress laid upon them—on the order of a hard day's work followed by a hearty dinner, or overstimulation of the grand passion followed by an unusual meal—may cause a sudden suspension of nerve supply to the heart, and before a resumption of function can take place the unfortunate victim is dead. Many who go off in this way pass among their fellow-men as men of strong, rugged constitutions; and so they are. But they have a predisposition to carry too much blood in the head; they have large blood-vessels in the brain and spinal cord, and should know their apoplectic tendency, and govern their lives accordingly. But, unfortunately, they have not had the proper instructions, or they failed to pay attention to advice.

A physician who will give a palliative remedy for an apoplectic headache without warning his patient of the danger, or who is really incapable of giving the warning, should leave the profession, or be branded a menace to the community.

APOPLECTIC PEOPLE

These apoplectic-predisposed people are fond of banquets, wine, women, and song, and unless their self-control is developed early, before habits are formed, they will go down and out in middle life; for when habits are fully formed, they will say: "I would rather have five years of life, and live as I like, than to be given ten with restrictions." When sensuality begins to speak through the mind in this manner, look out—the breakers are only a short distance away; instead of five years, perhaps only long enough for one more debauch. Whenever the subconscious begins to give warning, and the conscious replies: "Not now! A little later;" or, "I would rather live a shorter time, and *live*, than to exist without entertainment," danger is near. And what is meant by entertainment? To live in a state of debauchery—smoke, eat, drink, and think of the lustful orgies that impotency now makes impossible.

Someone on the road to this sort of an ending will say: "The picture you draw fits only degenerates." Perhaps. But they were once of good family and countenance; many were among the brightest and foremost business and professional men of their communities. And it is worth remembering that only the most powerful physiques outlive friends, social and business standing; indeed, many go out at the acme of success, or at the dawn of the day for their greatest success.

Those who do not know me, or read carelessly what I write, often ask: "Why do you lay so much more stress on food and bad habits of eating than on other habits?" I do not; however, I do try to show that bad eating habits initiate and keep alive every other bad habit. Eating creates the first sickness and perverts the nervous system. Overeating and improper eating set the fires of appetite and passion burning, and, unless controlled, the whole catalogue of bad habits is liable to be adopted. No other physical or mental state has such a driving desire for change and variety as when the nerves are enervated by the overstimulating effects of food-poisoning.

TOO MUCH BLOOD IN THE HEAD

Those who are carrying too much blood in their heads should live on vegetables and fruit during the hot weather, and prepare themselves for going through the winter in health.

These people of sudden taking-off tendencies are the hundred-per-cent-energy type. In the following chapter I shall have something to say about people who have less than full energy—those who start life with a handicap of twenty-five to fifty per cent less than full nerve energy.

CHAPTER X

BESIDES the full-blooded, plethoric, one-hundred-per-cent-energized men to whom I referred in the preceding chapter, we have one-hundred-per-cent women, and they are also inclined to apoplexy—not so prone to apoplexy of the brain and spinal cord as men, though a few go that way; but the inclination among women of this temperament is to throw off the excess blood by way of menorrhagia (excessive menstruation) or metrorrhagia (uterine hemorrhage), or the growing of fibroid tumors. This class of women are very prone to develop fibroid tumors, build heavy mammæ, and accumulate large deposits of fat in the chest and abdomen and on the hips. All these conditions are easily controlled through a correct diet—one in which meat, fat, decidedly starchy foods, and sugar are excluded, or at least limited to a very small amount. Yes, I mean that all of these conditions are amenable to a limited diet, even fibroid tumor and the decidedly apoplectic states of both men and women.

SURGERY NOT NECESSARY IN FIBROID DISEASE

There is no excuse for surgery in fibroid states of the womb; indeed, to advocate surgery for this disease is to acknowledge ignorance of cause.

In treating these diseases, all the exercise possible is to be taken, except in metrorrhagia or menorrhagia. While the flow is on, these patients are to go to bed, keep quiet, and fast. If lemon juice is pleasing to the taste, it may be taken quite freely in almost any way; if used in the form of lemonade, very little sugar—say, one teaspoonful to the lemon—may be used with it; but so long as the flow is persistent and excessive, the patient should keep quiet and fast. When the flow has ceased, the patient may exercise in any way desired, and the eating should be confined to fruit, non-starchy vegetables, and salads. Where it is possible, electrical treatment to the womb will hasten the cure, when properly applied. No treatment, however, will be of any permanent value unless accompanied by proper rest, exercise, and a very restricted diet, interspersed with fasts of sufficient duration to control arterial pressure and hemorrhage.

DIET IN PLETHORY AND APOPLEXY

The plethoric and apoplectic states, in the male as well as in the female subjects, when overcome, can be entirely controlled by educating the appetite to be satisfied with a style of eating fitted to the physiological needs of these subjects. It is absurd to feed all physiological types the same food combinations. It is fully as absurd to believe that those with hundred-per-cent digestive power may eat, with impunity, as much food as those with ninety- or seventy-five-per-cent power. The hundred-per-cent digestive power would create a mastodon, if the animal did not die from some disease brought on from plethory; while overeating in the other class causes the subjects to become thinner and a few to die from inanition.

The plethoric subjects really do not err so much in overeating as they do in improper eating. Eating too much sugar and starch builds thirst; the too free use of condiments is often the cause of thirst, and, as a result, a heavy drinking habit is developed, which waterlogs the tissues of the body and keeps up too high a blood-pressure, with its obstructive influence.

WHITED SEPULCHERS

Accompanying high blood-pressure, such states as overstimulation, enervation, and inhibited elimination develop, and as surely as the night follows the day comes autotoxemia. Toleration for this state develops; in other words, there are people, representing hundred-per-cent digestive power and resistance, who are veritable *whited sepulchers;* all they need to push them off the earth is any unusual strain. The immediate cause of their taking-off will be apoplexy, paralysis, heart paralysis, kidney or liver disease, pneumonia, rheumatism, or other diseases. These subjects make wonderful hunting-grounds for the bacteriologists. A local abrasion from any cause, if treated vigorously enough, will light up infection, and blood-tests will give any reaction looked for. These are the subjects *par excellence* for developing all the supposed symptoms of syphilis, especially after they have been mercurialized, and saturated with potash, and imprudently fed.

When the stress of great blood-pressure is in the kidneys, liver, or lungs, disease of these organs will develop. Where elimination is greatly interfered with, rheumatism will develop; on some subjects a disagreeable eczema will develop; and, so long as the plethoric state and too much weight are carried, there will be no hope of getting rid of rheumatism or curing the eczema.

THE COST OF WRONG LIVING

Besides the physical handicaps that this class of people suffer, they always suffer from a mental handicap as well. The mind can never come into its own when the physical organization is so maltreated; for the mind is the flowering or fruitage of the body, and it is necessary for the body to be perfect if the fruitage shall come into perfection.

If people could know how much wrong living costs them every year, they would certainly hustle a health education at any cost. One man wrote me, three years after I had educated him out of bad physical habits that were soon to destroy his life: "My income has doubled." Another said: "I was 'broke' physically, mentally, and almost financially; and now I am doing better than ever in my life." Another man, fifty-five years old, declared: "My mind has not been so clear and active since I was twenty-five years old."

FORMULAS OR DIET LISTS ARE NOT WHAT THE PEOPLE NEED

Formulas or diet lists are not the education needed. Those who want a knowledge that will keep and preserve the body and mind—who want health that is dependable, and a knowledge of how to keep it—need not look for it in a list of winter and summer menus; as well memorize a few examples in arithmetic and then imagine oneself a mathematician. There is no dependable knowledge to be had on any subject short of a full comprehension of the fundamental principles.

So long as professional or lay knowledge is so innocent of the truth as not to know that all forms of stimulation are inhibitive of correct physiological functioning, just so long shall we see the human organism abused with all sorts of bad habits, and just so long shall we see the *senseless farce* of a doctor prescribing drugs to correct diseases created by bad habits with no prohibition placed on the habits; just so long shall we see food fanatics eating bran bread to overcome constipation, when the disease rests upon inhibited secretions from an overconsumption of starchy foods; just so long shall we see doctors treating nerve-exhaustion with stimulants and tonics, overworked hearts with strychnine and digitalis, impotency with aphrodisiacs; insomnia, from high blood-pressure (overeating), with opiates; sleeplessness or headaches, from heart weakness, with drugs that inhibit spinal functioning, causing passive congestion, with enough pressure on the bulb to bring on bulbar paralysis and sudden death.

Sudden death to those with short, thick necks and heavy jaws is often brought on by eating and alcohol-drinking to the extent of causing congestion of the upper part of the spinal cord. Too much blood is carried by the apoplectic build in the base of the brain all the time, and all that is necessary at any time to produce paralysis and death is to take a drug that will intensify this condition. Morphine, opium, and all the headache remedies on the market do this; alcohol does it; three-full-meals-a-day will do it; lustfulness cultivates this state of the blood-vessels of the brain; then add an unusual shock, and death will surprise the unfortunate victim.

The eating of meats, sweets, and starches invites the development of this state; I mean where these foods are eaten too often and too freely.

THE HUNDRED-PER-CENT MAN

The hundred-per-cent-nutrition man has, of course, a hundred-per-cent nervous system; for without full nerve-energy there cannot be full nutrition. Don't forget that at the base and for the foundation of my theory of autotoxemia there is always lack of energy. The hundred-per-cent man must waste nerve-energy in dissipation before he can become autotoxemic from imperfect elimination.

The hundred-per-cent man has full power of assimilation; he has power to maintain a normal weight, which varies in mankind from one and three-quarter pounds to two and three-quarter pounds to the inch in stature. When the weight goes below or above these extremes, nutrition is impaired — the assimilative balance is lost. Those who are over weight have lost power to eliminate water, hence they become obese; those under weight usually avoid fluids, for they appear to have lost power to assimilate them.

Plethory is a type of disease. The extremely sensual are marked by sensual tastes. Their art instincts are on a par with the sensual life that impairs the health of their bodies and minds; and, true to the law that "like begets like," these people really admire their abnormalities. The art instinct of most people is so sadly degenerated by gross living that the modern standard of beauty is *fat stock*, including the human animal. A matron who is not shapelessly gross—disgracefully obese—is not considered beautiful; if she is not fat enough to undulate like a jelly-fish, she does not meet the approval of the Neros of today. Women are not to blame; they must be admired, and they will cultivate the shape demanded by the male standard. May the god who presides over real art—real human beauty—have mercy on the shapes of today!

ADAMIC COSTUME

When something extraordinary is on—like grand opera, or an unusual play—society turns out *en masse*. On these occasions one is reminded of stock shows, in which every stall-fed animal that is able to stand and walk around the arena is entered. Every woman who is too stout to endure the clothing of daily life is able to go to any gathering where full dress is admissible; for in full dress most of the body is free to take an air-bath, in competition with other bathers, without danger of being run in for indecent exposure. It appears to be a law of society that a woman may curtail her clothing to any degree from the top, but, with the aid and influence of all French tailors, the people will not stand for much abbreviation or splitting at the bottom. From some cause or other, abbreviated and split skirts of all the styles introduced have run a most rapid, and not a very popular, course. If there is any hope of restoring the Adamic costume, it must come by cutting down from the top.

If there is any one thing that stands for health, it is beauty; and there is nothing so beautiful as a normal human being. Look out on the world of people today, and see the monstrosities! The ideal of our athletic standards is some one with muscles knotted and distorted out of all beauty lines. If the athlete is not distorted in shape and overdeveloped, he is below the standard; if not developed so that his life will be shortened by one-half to two-thirds, he is below the prize standards.

Extremes mark the standards of the day, and as a consequence the remedy must be the extreme in the opposite direction.

ASCETICISM

Asceticism is the natural reaction from sensualism; extremes must follow each other. In the matter of eating, the people and the profession have advocated gluttony, and the natural reaction from that sin is to fast or go without food and to live on too little; there appears to be no middle ground.

FALSE REASONING ABOUT OLD AGE

A small per cent of humanity live beyond four-score because of their moderation, and they are pointed out by sensualists as people who have lived to old age in spite of their smoking, drinking, and eating habits, the critics being unable to distinguish any difference between excess and moderation. This comparison is often made by below-par men of those who are hundred-per-cent individuals. Indeed, such remarks generally come from people below the normal standard of mental and physical efficiency. Probably such poor reasoning takes its origin in the false doctrine that "all men are born free and equal," and should be able to indulge—or, I would better say, dissipate—alike. We shall not be able to reason right until we rid ourselves of all that we know that is not true—until we are willing to give up our false beliefs.

How can two men be born free and equal, when one is efficient and the other twenty-five per cent below the normal standard? Please make the distinction between the efficient and the deficient, up and down the lines of human attributes, and then answer the question: How can justice be meted? Why should people be held equally responsible? Why should judges always be just, and how is it possible for them to be so? And why should culprits be equally punished, even when they have committed the same crimes?

EQUALITY OF RESPONSIBILITY

Before the judge of nature, law-breakers are not held equally responsible. Laws, and the penalty for breaking them, are fitted to the individual, so that he is punished by his crime and not because of it; and when social life shall have been established on a safe and sound foundation, reward and punishment will be self-adjusting, inevitable, and inexorable. This must be self-evident to every thinking person; then, by analogy, we should see that, in the matter of health and disease, those who are born deficient in vital force, from ten to fifty per cent below the standard, cannot be treated in the same manner as those born with one hundred per cent resistance.

Accidents may occur after birth and during childhood that will reduce the standard of resistance. The standard of assimilation in childhood is very much greater than disassimilation; for during growth and maturity the child must accumulate much matter for growth. This is the time in life to make up for inferior health inheritance, but, unfortunately, the majority of people think children are born "free and equal."

Mrs. A has a lot of healthy children, while her neighbor, Mrs. B, has lost several before they were two years old, and her last one is delicate and giving her much concern. Mrs. A *knows*, if Mrs. B would feed her children as she feeds hers, they would thrive. But Mrs. A knows nothing about the subject on which she so freely advises. Her children are perfect little animals; during her gestation period she was happy and optimistic; her husband was happy and contented, even though his income was not sufficient to meet growing responsibilities; just the bare necessities were supplied—no luxuries afforded; she and her husband were raised on a farm and knew nothing about being indulged; tobacco was the only vice. But Mrs. B's life was different; she had too much, which gave her a morbid desire for more; her husband was successful, but his ambition was for more; they had their vices—those common to social life; they came from *successful* people. *His* father was a paralytic and his mother a neurasthenic; *her* father an apoplectic and her mother a consumptive. Their children were exceedingly nervous and possessed of about ninety per cent efficiency; but, on account of the cultivated irritability of the parents, which was reflected on the children, their nutritive power was reduced to seventy-five per cent. The extreme nervousness of the children, manifested by wakefulness, irritability, and crying, was interpreted as hunger, but in fact was caused by unsuitable food. The family physician changed food often, instead of prescribing perfect quiet and less food. This malpractice was continued on each child until death relieved the unhappy little sufferers.

Mrs. A's idea of feeding was taught her by her physician; it was to feed plenty and often. Such practice will not win on a nervous, mental child; but it is fine for pigs, both human and swine. Perhaps it is well to remember that the more animal and the less intellect a child has, the easier it is to raise—the more food it can take, and the coarser the food may be.

Those who have less than one hundred per cent digestive power, hence less than one hundred per cent resistance, may be said to be of morbid heredity. These people have not inherited disease; they have inherited a morbid tendency, with low vitality. All that may be discoverable is too small lung capacity, or some other anatomical defect. The inheritance may be irritability; perfect digestion cannot take place where there is a decided deviation from anatomical perfection, or where there is mental irritability. Indeed, irritability should be recognized as one of the primary symptoms of insanity; perhaps, in children, nervousness and irritability should be looked upon as the first stages of chorea, and the remedy must be rest and light diet. When these symptoms develop, nutrition may be looked upon as much below par, and no hope for recovery can be had on a full diet.

STARCH POISONING

There are people who have full assimilative power until they break it down by eating too much bread, potatoes, or other starchy foods. Continuous overeating of starchy foods causes fermentation, and the body is then poisoned by gas and the acid of fermentation. The starch-poisoned patient will often be very thin, anemic, chlorotic (green sickness), constipated, autotoxemic, and troubled with headache of a nervous character. Neurasthenia is the ending of many people who are poisoned for years in this way. Coffee and tea usually help starch in breaking down resistance and causing disassimilation. Frequently these subjects will be very thin and almost ready to die of exhaustion, for they persist in eating beyond their digestive capacity, which prevents revival of assimilation.

There are others who eat too much meat or other nitrogenous foods. These foods do not go through the complete circle of digestion; urea is formed, and uric acid in excess develops. Rheumatism, neuralgia, headache, catarrh, and appendicitis are a few of the diseases liable to follow.

EFFECT OF OVEREATING

Overeating of any and all foods will, in time, crowd the nutrition so greatly, producing so much plethora, as to cause a failure of the peptone* to undergo its transformation into albumins, and it passes into the system as peptone and cannot be utilized by nutrition, but is thrown out of the system through the kidneys, creating peptonuria, which may be mistaken by a careless observer for albuminuria or Bright's disease.

When the nutritive material is absorbed, it undergoes transformation in the liver and the mesenteric glands. If the nerve supply is deficient, it is obvious that the transformation will be imperfect, and the general health and resistance must become less and less, until health is destroyed.

SUGAR IN THE URINE

Sugar in the urine is one of the symptoms of hepatic or liver inefficiency.

Digestion, assimilation, and disassimilation, when well balanced, stand for health; they are necessary processes, and they must be, and are, balanced in the hundred-per-cent man; but in those of deficient power there is impaired nutrition, marked by retained excretions, and the amount of self-poisoning indicates the intensity of the derangement.

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*Peptone is the product of stomach digestion.

The main symptoms, that are more or less present all the time in those of low resistance, are, in young women, chlorosis, which is accompanied with constipation, painful menstruation, pallor of skin, nervousness, hysteria, and other symptoms. The causes given by leading authors vary, but without doubt the primary cause can be traced back to imprudent feeding in childhood. Indeed, I believe that many cases take origin in embryo, caused by the mother's imprudence in eating. A continual indigestion, marked by discomfort in stomach and bowels, accumulation of gas, a burning sensation in the stomach, more or less eructation of gas, and sour, pungent, bitter, or greasy fluid (often causing a constant irritation in the throat and coughing) will cause such a change in the fluids of the body as to make it possible for any disease to develop; and, as nerve-energy is consumed by the overstimulation, resistance is still further lost.

SELF-ABUSE

The habit of self-abuse, and the lustful mind that goes with it, tend to develop the chlorotic state in boys as well as in girls. The mental unrest that accompanies the outlawry peculiar to many undisciplined youths breaks down the blood-making function, and places boys and girls in the below-par class. From this class tuberculosis claims a large per cent.

LYMPHATIC OR SCROFULOUS CONSTITUTION

There are the lymphatic or scrofulous constitutions of the authors, whatever it means. I cannot conceive of anything of this nature that cannot be brought about by the ignorance practiced by average families in feeding children at irregular hours and with all sorts of foods unfit for young children. This causes children to become food-poisoned; they develop the catching-cold habit;

catarrh follows; the lymphatic glands take on an inflammatory state in their endeavor to prevent general systemic infection. Those with least resistance die of acute disease—the so-called contagious and infectious diseases—and many die of tuberculosis. Those who continue to live make up that class of humanity which represents the less-than-one-hundred-per-cent-resistance class.

Many are much below weight and truly never do well, so far as health is concerned. It is this class that gives every new cure a trial; it is this class that is "cured" frequently, but in truth never *cured;* for there is but one cure, and that is for these people to learn to know that full vigor does not belong to them, and that, so long as they seek to find a standard of health that will permit them to pace with the hundred-per-cent class, they are doomed to disappointment.

CHAPTER XI

FEW DIE OF OLD AGE

FEW of those with one hundred per cent resistance die of old age; they have so much vitality they can stand all sorts of dissipation without paying a great price in discomfort. Neither do they lose much time in recuperation. They cultivate a large toleration; indeed, this toleration is their undoing. Organs are overworked until they collapse—and, unfortunately, fatal collapses come unannounced (?). No, nature always gives warning; but with this class so much dissipation is required to develop a critical state that the victims cannot be convinced of their danger, but go on to their collapse, heeding no warning—proving that the holy spirit of self-protection can be grieved away. Frequently those of slight resistance live to be quite old. When this class gets beyond the four-score mark, if the history of their lives be examined, it will be found that they have been of delicate health and very sensitive; most of them will say, when asked about conventional habits: "I probably would have used tobacco, but I could not; one or two attempts satisfied me. Plain, simple food agreed with me best." In regard to alcohol their experiences have been the same. They have been more prudent than most people around them, because they were compelled to be or forfeit all comfort, and even life; the majority in their class passed away early in life, because they were lacking in prudence.

Half the children begotten are killed before they are two years of age, because they have not the nerve-energy to battle with the unfavorable influences into which they are born. Parents, and many physicians, believe they should take much more food than necessary; the tendency is to crowd children's nutrition; and this, in time, brings on digestive disorders which prove fatal to more than half of all children before the fifth year; and, as I have stated before, leaves the majority of those who escape death with imperfect health, which *a few outgrow (?)*.

BORN WITH LOW VITALITY

A part of those with low vitality are born with it as an inheritance; the other part are forced into it by pre- and post-natal influences. Climate has something to do with determining health standards, but not nearly so much as the style of living, and especially the food and thinking. People with less than normal resistance are not always aware of this fact—indeed, seldom; many are inclined to believe that if they *eat* as much as those with full resistance they will have as robust health; the viciously inclined see no reason why they cannot dissipate equal to the vigorous, and in attempting to do so break down and die in early life. Two young men come to my mind as I am writing; they were sons of physicians, and class-mates of mine. They certainly went the pace. One was slender, long of neck, with sloping shoulders, and narrow-chested; the other had a more logically constructed body. The more delicately constructed boy set the pace, *which was wild enough;* the other followed. The pace-setter has been dead for thirty-five years; the rugged boy outlived the other thirty years. Two other young men come to my mind; they had the appearance of vigorous health and were not dissipated. I especially remember them because they were heavily haired—both raising beards in their 'teens. Neither lived to be thirty years of age. I have seen so many instances of this kind that I have long since given up the Sampson idea that much hair denotes strength; it certainly takes something else besides hair to give long life.

The belief, however, is too common that one person may indulge equal to another; and in this they are often encouraged by medical men. For years the profession has been preaching: "Eat good, nourishing food;" and those with tuberculosis have been urged to stuff: "Eat all you can at meal-time, and then eat lunches between the regular meals."

WHAT FAVORS TUBERCULOSIS?

What has taken place in the organization favoring the development of tuberculosis? The natural alkalinity of the fluids of the body has been reduced by the absorption of acids from food-decomposition. If, then, the system must be prepared for tuberculosis by reducing the alkalinity of its fluids with the acid generated by the decomposition of food in the intestinal canal (and this change in the food cannot take place unless the ingestion is beyond the digestive capacity), it certainly is obvious, to anyone capable of thinking, that the stuffing prescriptions given to people suffering from tuberculosis are the worst possible treatment and tend to prevent, rather than favor, recovery.

Any habits of life that use up nerve-energy become auxiliary to the leading cause.

Overwork, worry, anxiety, overstimulated emotions, lack of poise, morbid sexuality—all reduce the alkalinity of the blood indirectly by reducing the nerve-energy; and it must not be forgotten that enervation always favors imperfect elimination, and this, of course, renders digestion and assimilation imperfect.

When this state is brought about, those of a scrofulous or lymphatic tendency, or those who have an anatomical construction in this direction, will develop tuberculosis, and those constructed on another order will develop diseases peculiarly suited to their organization.

INFLUENCE OF ANATOMICAL CONSTRUCTION

After much observation I am persuaded to believe that the character of all diseases is largely determined by the anatomism. Habits that alter anatomical construction cause those who are not susceptible to a given disease to become so. Everyone knows something about occupational diseases. The modern style of feeding children and housing them at home and in schoolrooms accounts for the spread of tuberculosis. A growing child must have a very active life, if it develops enough chest or lung capacity to insure proper aeration; nothing but great activity insures the tissue-change required in the growing child. Too much acid-building food—namely: meat, eggs, bread, and all decidedly starchy foods—is consumed by children, and not enough oxygen-bearing and acid-eliminating food is eaten, such as fruits and raw vegetables.

CAUSE OF ADENOIDS

To the disgrace of our civilization, and especially of our boasted *modern medical science*, a large per cent of children under ten years of age are troubled with adenoids and enlarged tonsils. What is the primary cause? An acid state, produced by starch and sugar-eating, close housing, imperfect ventilation, overclothing, lack of or wrong bathing, and, neither last nor least, no discipline.

A mother who permits herself to be incumbered with flesh while pregnant and then gives birth to a child that weighs nine pounds—from fifty to possibly two hundred per cent too heavy—starts her child in life enervated; it has not the normal resistance and is in line for adenoids, tonsilitis, and later tuberculosis; or its impaired nutrition may lead off to nervous diseases, such as chlorosis, chorea, and later in life to so-called nervousness, hysteria, hypochondria, neurasthenia, or organic diseases of the nervous system.

CHILDREN BORN OF FAT MOTHERS LACK VIGOR

A mother can't pile on too much weight unless she persists in eating *too much*, and especially of starches, fats, and sugar. Children born of these mothers are lacking in vigor; they develop the catching-cold habit early, and catarrhal diseases follow. All children's diseases are of catarrhal origin—yes, even measles, scarlet fever, and diphtheria; then add to these diseases all intestinal disorders, also meningitis and infantile paralysis. I need not tell my readers that this statement is heretical.

THE WAY MOTHERS MAY INJURE THEIR CHILDREN

Children born of mothers whose weight is normal have a better chance for inheriting full vigor. However, if confinement is hastened, and the mother sustains tears and abrasions through which her blood becomes infected, her milk will soon disagree with the child; then artificial feeding either kills it or sends it on through life short on vital force. If the mother fortunately goes through pregnancy and confinement normally, and sustains no injury, she may yet do her child injury by feeding it too frequently and giving it too much attention.

Nearly all people are opposed to my plan of feeding nursing babies three times in twenty-four hours from their birth—three times a day and not at all at night. A normal child will not be awake enough even for three feeds. Please understand that I mean by a normal child: one that is born of a normal mother—a mother who has sustained a normal weight throughout pregnancy; one who has not been sick of the diseases *said to be peculiar to pregnancy*, and whose child weighs at birth from three to six pounds, and is healthy and plump in appearance. Small children are frequently born to mothers who live haphazard, but if they are examined carefully they show defective nutrition; indeed, they are cursed before birth —cursed by their parent's bad habits. (See my book on "Diseases of Women and Easy Childbirth.")

EXHAUSTED FATHERS AND THEIR INFLUENCE

Many children have fathers who have exhausted themselves in their hot *chase* after wealth. Commercialism has developed such strong competition that many men spend the flower of their lives in accumulating enough, as they think, to keep a family. Few know the evil of overwork; fewer still *heed the danger signals of dissipation;* but all must suffer the consequences of bringing children into the world with weak, unstable nervous systems.

The hints given above should make the reader wise in knowing why many people do not have full resistance, and all reasoning minds can have a rational conception of what a cure must be, or, where a cure is impossible, then what will be the most sane palliation.

RECUPERATION POSSIBLE

Those whose nerve capital was originally full still have the possibilities of recuperation, unless wrong life and dissipation have brought about organic degeneration—unless organic change makes full recovery impossible. Under such circumstances a right life will bring comfort and lengthen life beyond any other so-called curative measures.

Those who have been brought to a halt, and are threatened with dissolution because of profound enervation from overstimulation, must be given the rest cure, and their stimulants taken from them. The morphine, opium, and cocaine fiends must be put under the guardianship of reliable nurses who will follow the strictest orders regarding the daily, hourly, and, in extreme cases, momentary care.

SWIFT CURES

There are swift cures—*cures while you wait;* which means swapping one drug habit off for another, and which does not mean cures at all. Indeed, a real cure means the helping of these patients to correct habits until outraged nature is relieved of suffering; then they are to be taught how to eat and generally care for their bodies while the process of rebuilding is going on. If this treatment is carried out, all curable cases may expect to attain full vigor of body and mind in from one to three years; I mean full vigor—full resistance—and freedom from morbid appetites. No one is enjoying full vigor who is under the dominating influence of sensuality. That means, a driving desire for food, drink, tobacco or other drugs, and lust.

AUTOTOXEMIA IS NOT PTOMAINE POISONING

Laymen have a certain understanding of what is meant by inebriety and drug addiction, but when food-poisoning is mentioned, ptomaine is thought of, and possibly the thought of stomach and bowel derangement may cross their minds; but the idea that such diseases as neurasthenia, epilepsy, hysteria, hypochondria, neuralgia, migraine, rheumatism, occupational neurosis, tetany, hyperesthesia, anesthesia, paralysis, asthma, tuberculosis, and other disagreeable symptoms come from chronic food-poisoning does not enter their minds; neither does the profession associate food-poisoning with these diseases, except in the most casual way.

Neurasthenia is a word that stands for anything and everything, ranging all the way from physical poverty and common nervousness, to extreme obesity with distressing vertigo. Nearly every symptom that suffering humanity is called upon to endure can be found between these extremes, and there is no good reason for not naming the disease food-mania or food-phobia, for the disease is as certainly caused by the overstimulating effects of food as delirium tremens is caused by the overstimulating effects of alcohol. The difference is that extreme alcohol-poisoning causes delirium, while food-poisoning, in extreme cases, causes madness; and, before that stage is developed, extreme nervousness, with fear and apprehension enough to make the life of the victim miserable.

THE POISONED SEEK RELIEF

In food-, drug- and alcohol-poisoning relief can be had by resorting to more and more of the cause—the stimulant. The food-poisoned seek relief in food; the drug- and alcohol-poisoned find relief in increasing doses of the stimulant; but a time comes to all poisoned people when the poison that produced the disease will no longer give even temporary relief; this is when nerve-energy is used up—when fatal or profound enervation is reached. Those who are in the food-poisoned class die of whatever type of disease their poisoning develops into; if neurasthenia is the type, then the patients of this class may be said to die of inanition; those with hysteria will surprise doctors and friends by dying of hysteria; the epileptic and rheumatic will die of these diseases, and the paralytic will die of paralysis; yet the truth remains that they died of chronic food-poisoning, and there never was any chance to recover from beginning to end, because the cause, food, was continued to be used erroneously to the end. As well expect to cure alcohol- or drug-poisoning while these disease-producers are in habitual use!

Greater skill is required in curing chronic food-poisoning than any other form of poisoning, for it means the whole or partial withholding of food long enough to allow the body to react from the depressing effects of the foods, and food combinations, that were instrumental in bringing about the poisoning, and the re-establishing of elimination; then, as soon as the patient is comfortable, he is to be taught how to eat to prevent a redevelopment of food-poisoning. This does not mean an exclusive or peculiar diet; it means that the patient is to be taught to eat of the foods in general use, enough to supply the needs of nutrition, and at the same time not enough to bring on the overstimulating effects, which mean a return to the food-poisoned state. In a nutshell: The curing of all chronic diseases means, eliminate *all* food-poisoning, and teach the patient how to eat to secure proper nourishment and avoid food-poisoning.

I have said that it requires more skill to correct food-poisoning than to cure drug-poisoning. The reason is that man cannot live without food, and he can live without alcohol and other drugs. To cure drug-poisoning, the drugs can be dropped indefinitely; but the body cannot long do without food. In treating pronounced cases of food-poisoning, it takes so long to eliminate the poison that many will become dangerously emaciated; the danger, however, lies more in fear of starving to death than in actually starving. Such cases must be given foods that will not add to the disease; the oxygen-carrying foods, such as raw fruits and salads, are least likely to do harm; even these will prolong recovery. Asthmatic subjects, and those who have been greatly troubled with indigestion and who are pronouncedly starch-poisoned, are not able to take fruit and salads without experiencing distress; such cases must be kept for a longer or shorter time on lamb or chicken broth. A small per cent of those suffering from desperate enervation and chronic diseases can be saved by the judicious use of broths, others by fruits and milk, others by milk, and still others by the careful use of starchy foods. The starchy foods are especially suited to those who have abused themselves by overeating on meat.

RULE NO. 1

I have discovered that the most important rule to be observed in treating diseases is what I call my Rule No. 1. (See Chapter V, page 78.) Rule 1: Never eat when you feel bad. Nearly every patient I have treated will come back with the reply: "If I am not to eat until I feel well, comfortable, I shall never eat again." Such a remark is no nearer the truth than if the inebriate should say: "I can't possibly live unless I can have my regular supply of alcoholics." As well might a man with the tobacco habit say: "I will stop the use of tobacco when I am cured of the habit;" the morphine victim as well say: "If I am not to have morphine, I shall never know what comfort is again." The truth, which I have gathered from experience, is that *there is but one quick, reliable way* to get rid of the disease-producing effects of bad habits—habits that bring on enervation and poisoning by impeded elimination—and that is to stop the habit. If overeating or imprudent eating is the cause, stop the cause, and, when the effect is over, then rational eating will insure health and its stability.

TREATMENT OF THE FOOD-POISONED

I can't be more definite or specific, for there are no two cases alike. It is safe to prescribe for those who are exceedingly miserable something like the following: Go to bed. Keep quiet. Allow no company. Keep artificial heat to the feet day and night, and either dry-rub the entire body with the open hand, towel, or soft flesh-brush, or take a massage, either vibratory, or employ a masseur or a masseuse. Go without food until relaxed, comfortable, and sleeping well. To break the fast, take fresh-made buttermilk, a cup of lamb or chicken broth, orange or pineapple juice, or a very thin corn or oatmeal porridge, or what is known as gruel. Those who are especially meat-poisoned should take gruel; the starch-poisoned will take more kindly to broth; those who take fruit must have a craving for the fruit acids. Combination salad can be taken with the least irritating effect of almost any food, and by almost any patient. If these foods are well borne, then more food may be given: Toast biscuits—bread and butter—followed with a glass of milk, buttermilk, or teakettle tea for breakfast; uncooked fruit in the summer time, and baked apple or cooked fruits in the winter, or the dry sweet fruits—raisins, dates, and figs—or vegetable soup[1] for luncheon; for dinner, lamb or chicken broth, or broiled veal, lamb, chicken, or fish, or soft-boiled eggs, one or two cooked non-starchy vegetables,[2] and a combination salad.

No one seriously sick is capable of treating himself; hence it would be a waste of time to go further into the minutiæ of treating that great neurasthenic class where variety of types are as numerous as the number who suffer from the disease.

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[1] Page 55.

[2] Page 32.

CHAPTER XII

MAN IS A COMPLEX MECHANISM

MAN is the most complex mechanism in all creation. There enter into his constitution eighteen or more simple elements, namely: hydrogen, oxygen, nitrogen, carbon, sulphur, fluorin, chlorin, bromine, iodine, phosphorus, arsenic, silicon, sodium, calcium, magnesium, iron, and perhaps, according to some authors, copper, manganese, aluminum, boron, and vanadium. Would it be overworking the imagination to say that, when the elements of the microcosm and the macrocosm are fully discovered, the former will be found perfect except when it fails to duplicate the latter, and that man will approach perfection proportionately as he approaches the chemical construction of the cosmos? If this hypothesis be true, then man, like the cosmos, must have the power of transmuting or transforming elements.

What are elements? Are they not points of view, so to speak? To illustrate my meaning: The raindrop or the prism gives out various-colored lights, depending upon the angle at which the light strikes it and the eye. The so-called elements combining in different proportions make a new substance—something different—something having attributes entirely different from the elements that are used in the compounding, and this change occurs at every variation of elemental combination.

INSTINCT GUIDES

Foods are taken by man from the three kingdoms—vegetable, animal, and mineral. In the extreme climates—the very cold countries—man feeds himself almost entirely on the flesh and fat of the fish or whale, while in the torrid climate the negro feeds on roots and fruits. In the temperate climate man, rich or poor, feeds on meat, milk, bread, fruits, and vegetables in greater variety than the afore-mentioned. It is obvious that a variety of foods is necessary, and instinct guides in the selection more surely than reason, except when gluttony has perverted instinct.

We sometimes hear of mono-diet being advocated, but it appears very improbable, if not impossible, that a single article of food, such as milk, flesh, or bread, could furnish all the elements in relatively acceptable quantities.

CARNIVOROUS ANIMALS GENERATE ALKALI FOR THEIR BLOOD

Carnivorous animals can feed indefinitely on meat and get on without vegetables, because they have power to transform nitrogenous foods into ammonia, and thus manufacture enough alkali to keep their blood alkaline, without which health cannot be maintained in animal or man.

Eating meat, bread, and potatoes, and drinking coffee, to excess renders the fluids of the body acid, because there are not enough alkali and oxygen in the cooked grain (bread) and the cooked potato to overcome the acid generated by such a style of ingestion, and the human organism has no power to convert nitrogen into ammonia; hence, unless the amount of meat eaten be limited to just the amount that can be well balanced by the alkaline juices of the fresh, cooked vegetables and vegetable salads, the blood will lose its alkalinity, and the person will be in line for tonsilitis, rheumatism, adenoids, pneumonia, pleurisy, catarrhs of all mucous surfaces, appendicitis, colitis, tuberculosis, and other diseases.

More or less of the alkali in grains and potatoes is dissipated in the process of preparation and cooking, and it is doubtful if uncooked grains can ever carry enough alkali to prevent the development of acidity, unless green vegetables, eaten raw, are freely used each day. Unless work-horses can go to grass for a few months every year, they grow stiff, rheumatic, and age very rapidly.

SALADS ARE NECESSARY

Meat, fish, eggs, and nuts should always be eaten with a salad; either a Tilden combination salad: lettuce, tomatoes, and cucumbers or celery, a small bit of onion if desired, and dressed with salt and olive oil; or a slaw: cabbage chopped fine and dressed with salt, sugar, and lemon juice; also one or two cooked non-starchy vegetables.

VACCINES AND SERUMS FAIL TO INFLUENCE NORMAL SUBJECTS

Meat should not be eaten oftener than once a day, and the evening is the proper time of day. If this suggestion would be heeded, much unnecessary sickness could be prevented; for resistance to disease influences depends upon the alkalinity of the blood; indeed, immunization means that normal alkalinity of the fluids of the body exists. This idea is exactly opposite the theory of immunization advanced by many leaders of the profession today. Vaccines and serums, used in reasonable doses, will positively have no action on the blood if it is normally alkaline; if inoculation can be made to take, it means that the fluids are acid, or they have been forced to take on acidity.

When septicemia takes place, it means that a part has been forced to take on septic poisoning and, because of imperfect or no drainage, the septic wound material has been forced into the blood, which deteriorates it very rapidly; in other words, it renders the blood septic (acid) very rapidly; indeed, so rapidly often as to cause death in twenty-four to thirty-six hours.

After this digression, showing the importance of keeping the fluids alkaline, I will return to the matter of assimilation: To be nourished is to produce out of food whatever may be, by a series of acts of disintegration or separation of elements, and then, by reassembling or synthesis, form new tissue out of those elements that have been set free by analysis.

It is within the power of nutrition to assemble elements into new associations and reproduce specific constituent principles which have been destroyed by the act of digestion.

THE MEANING OF ASSIMILATION

Albuminoids that are eaten as food are not rebuilt according to the old pattern; each kind of animal builds according to its needs, and the different organs of each body build as they need. Assimilation means selecting from the elements liberated by digestion those necessary to build; and it is the prerogative of every tissue of the body to build itself. It is well to remember that all foods are reduced to elements by digestion, and from this storehouse of heterogeneous elements all parts of the body draw whatever is necessary.

THE PROTEID THEORY OVERWORKED

The theory is advanced that albuminoids or proteids must form a principal part of man's food. This theory, to my mind, is overworked, for it is a prerogative of all animal organisms to build these bodies. Albuminoids are made up of carbon, hydrogen, oxygen, and nitrogen, and these elements are the most common in nature; the sun, air, water, and vegetation keep animal life surrounded with these elements, and he who is bold enough to say that man does not appropriate these fundamental elements of his body from his ambient medium that is saturated with them, is much bolder than I can assume to be. If the air carries these elements, and they enter the lungs and pass into the blood, then why will they not enter into body-building?

The ox, sheep, and horse feed on grass and water, and build albuminoids; they certainly do not feed on these bodies. The truth is: Man builds tissue, and he takes the elements from all the air and foods that enter his body; and it is reasonable to believe, the more simple the food, the more stable the elements secured from it. It being a law of life that the more highly compounded a body is, the more unstable it is; it behooves those who would build well—build for health and long life—to select the simpler foods; and when such highly complex substances as meat and grain are eaten, they should be accompanied with raw vegetables, deep breathing, and exercise; the breathing and exercise are to hasten elimination and secure perfect body-building.

Animal nutrition is not like vegetable, in that the vegetable can assimilate primary elements from the rocks, or mineral kingdom, and the animal cannot; or, if it does, the act is very limited.

CHEMICALLY PREPARED FOOD MUST BE A FAILURE

Every little while a visionary breaks into print, declaring that a chemically prepared food is about to be discovered, or is discovered, that will feed the human race perfectly. It is now being advertised that formulas for synthetically prepared milk and bread have been discovered, and, of course, *the food is perfect;* but I wish to have the minds of my readers disabused of the foolish notion, if they have it, that a successful food has been, or ever will be, prepared in a chemical laboratory. The few manufactured foods that we have would soon be discovered failures if any number of people would attempt to live on them exclusively for a while. Food that will build and perpetuate the human race must be compounded in the great laboratory of nature, and the artificer must be the one who has planned the universe; the process must be evolutionary, and time is not one of the least elements in the process.

The nonsensical announcement is often made that the manufacturing of eggs, *or something as good*, is about to take place, and that hens will be put out of business; but my belief is that the hen will continue to win honors from the manufacturing chemist because of the superior quality of her eggs over his.

Man a Microcosm.—If man is, in miniature, a representative of the universe, it cannot be true that he is fitted for a special kind of food—that he by nature is a vegetarian, or especially adapted to an exclusive food. It is as reasonable to believe that man's physical nature is broad and comprehensive in its possible adaptation to all foods as that his mind has a cosmopolitan reach. I believe that it is impossible for the mind to become all-comprehensive when the body is restricted to a special variety of food. Fanaticism is peculiarly the product of an exclusive dietary, and is the primary psychological element in crime and insanity.

Who are the people who do things? Aren't they those who eat the greatest variety of foods? At least, their foods furnish the elements necessary and in a form that least taxes digestion!

It is said that the orang-outang and several species of long-armed apes have, apparently since time began, fed upon nuts and fruits, to the exclusion of meat, cereals, and starchy vegetables. So far as intellect is concerned, who wants to be an orang-outang or an ape? It is true they have strength, but have they the strength of man? How many pyramids have they built; how many skyscrapers have they constructed; how many mountains have they tunneled? Physical power is weak at its best, unless it is directed by mind, and static mind may be great—all-powerful; yet, if it is not made and kept active by proper food—if it is not fed and exercised wisely and well—it will never become dynamic.

Hysteria and sentiment are oftener the mental elements that work out special food problems, and declare that man's natural food is this or that or something other than sound sense and reason dictate.

It has been shown that the thousands of years that man has been eating cereals no material change in the construction of his digestive apparatus has taken place—that the orang-outang and ape that have fed on nuts and fruits have today the same digestive apparatus, in proportion to parts, as man.

THE EFFECTS OF AN EXCLUSIVE CEREAL DIET

If man's food had been exclusively cereals for the past thousands of years, there would have been certain modifications; but his diet has been mixed—meat, fruit, and raw as well as cooked vegetables have been continually mixed with grain. An exclusive cereal diet would have a tendency to ossify the race. The tendency today is to consume too much cereal food, and the consequence is premature aging and the establishing of old-age diseases, such as arteriosclerosis, ataxia, paralysis, neurasthenia, insanity, and crime.

Why do cereals hasten old age and bring on old-age diseases? Because all foods made from grain—especially wheat, corn, oats, rye, and barley—tax the digestive organs more than any other foods, and, when the digestion is overworked, the digestive organs lose power; in the course of time lost power is marked by delayed digestion; then fermentation develops, with much acid and gas. The acid reduces the natural alkalinity of the fluids of the body, impairing resistance—immunity; nervousness and irritability develop; physical and mental poise is lost; the unison of organic rhythm, which is so necessary to health, is lost; the heart works overtime; the lungs fail to exchange the gases; the liver is sluggish; stasis becomes general, and to the sluggishness of the capillary circulation is due the hardening of arteries as much as to anything else. Of course, the mind should never forget that enervation—lost nerve tone—always precedes lost functioning. Without the proper nerve supply, all canals, ducts, and conduits of the body lose their self-protecting power, and they fail to keep their lining membrane clean, and, as a consequence, the membrane becomes thickened and hardened; then, inasmuch as the food that favors the bringing about of all this change is heavily mineralized, it is self-evident that, because of systemic impairment, much of the mineral is left, and hardening takes place—deposits take place.

OLD-AGE DISEASES

Old-age diseases have been increasing very rapidly since breakfast foods have been so extensively used, and since so-called vegetarianism has been popularized. If vegetarianism is really all its name implies—namely, the use of vegetable foods to the exclusion of all animal products—the victims of such eating would very soon—in two or three generations—be known on sight. They would be nervous, irritable, and fanatical, and in twenty-five generations they would be almost as distinctive a type as the Mongolian, and would have about the same color of skin.

Obesity is another disease that is built by too much starch-eating, and excessive thinness comes from the same cause. When people generally are taught to understand their limitations on starchy foods, and will respect them, we may expect to do away with a lot of unnecessary sickness.

Bread, cereals, pulses, and vegetables are the staple foods of civilization. Bread I always include when I mention cereals, and it is my belief that, if breakfast foods were not used at all, too much bread or cereal in this form would be used; and if the manufacture of bread and crackers in any form was stopped, and only the present amount of breakfast foods used, the consumption of such foods would be too great.

Bread.—Bread (and I wish to include everything made from grain) is nitrogenous, carbonaceous, and abounds in phosphorus. These elements support, respectively, muscular action, heat of the body, and the brain and nervous activity; and that is why many believe that whole wheat contains all the elements that the body needs. But *it is not an ideal food*, as I have pointed out—first, because it is a food that overstimulates and overtaxes digestion; second, it does not carry enough soda and potash, two elements necessary to keep up the normal resistance or immunization.

Bread and cereals are digested principally below the stomach; hence they are foods that should not be eaten with foods that are easily digested, nor with foods that are rendered soluble and assimilable in the stomach, or what is sometimes called the first stomach.

Bread is a food that is commonly eaten with fruit, fruit preserves, jellies, gravies, etc. A very serious mistake, for all these dressings should be recognized as persuaders, for, when eaten with bread, they persuade the palate to pass more of the starchy foods into the stomach than would be acceptable without these palate-ticklers. Another reason why bread should not be eaten with fruits, jellies, etc., is because the starch in the bread is not digested in the same medium, and fermentation is invited. The fruits, confections, and sweets always cause a larger flow of gastric juice than bread would if eaten alone, and to induce a large flow of gastric secretion is to frustrate the possibility of starch-digestion taking place in the stomach from the influence of the saliva.

OVEREATING THE GREATEST ERROR

The greatest error made in diet is overeating, and the style of combining foods that has developed in modern civilization invites overeating. Few people would eat more than their digestion could take care of if they would eat such foods as bread without honey, jelly, or jam, and oatmeal porridge without seasoning and dressings. Sugar and cream, eaten with oatmeal mush, persuade the palate to pass two or more times as much of this starchy food into the stomach as needed, and then the sugar excites the flow of gastric juice so that, within a short time after such a meal is eaten, there will be a sharp fermentation set up in the stomach, made known by a burning sensation at the pit of the stomach, accompanied at times with the eructation of an acid fluid, or gas, or both. Such subjects will feel well early in the morning, but by ten or eleven o'clock they are feeling bad — tired and languid. Children will be nervous and irritable, and when this acid state is kept up for some time, gastritis—the commonest malady of childhood—will manifest, and if this style of eating is continued, the disease will develop into a chronic type, or tonsilitis will be the disease that will become habitual. The teeth will decay early. Catarrhal symptoms will be in evidence most of the time.

THE DIET OF NERVOUS PEOPLE

When grown people have lived wrongly long enough to develop a highly nervous state, marked by nervous dyspepsia, they usually settle down to the routine of taking toast, or a roll, and coffee for breakfast. Such eating is accompanied with acid fermentation; the normal alkalinity of the blood is reduced, and neuralgia, irritable heart, headaches, and circumscribed or localized rheumatism make life, for these unfortunates, a weary dream.

Errors in diet become established as bad habits, to which their systems cling as does the drug fiend's system cling to its favorite drug. There are people so wedded to bread, tea, and coffee that, when these foods are suspended for a time, they declare they will die unless they can return to them.

When the system has been poisoned for years with wrong eating—wrong combinations—the habit is fixed, and nature defends the habit by making a demand for its restoration when it has been suspended. The inebriate suffers so greatly, when the use of his alcoholics is suspended, that he is often thrown into delirium tremens; but if the drink is kept away from him, his body will readjust itself and become normal.

The results of eating wrongly are the same as results from taking drugs; the effect is to overstimulate until enervation takes place. What is the condition in enervation? A general weakness that is in evidence all the time, except when the nervous system is under the influence of the poison that has brought it on, or under the effect of some other stimulant given as a relief or supposed cure.

A CAUSE FOR CONSTIPATION

Those who are starch-poisoned from bread or foods made from grain, rice, dry beans, and peas are always constipated; their tongues are broad and pallid, and show teeth pits, or marks, around the sides and edge; the bowels are distended with gas; breath musty; they are weak and tired on getting up in the morning, but feel better after a breakfast of bread and coffee. It requires five, ten, twenty, or, in some people, even forty years for the accumulative effects of this style of eating to develop rheumatism, consumption, cancer, Bright's disease, or one of the many other diseases.

Why are people with diseases brought on from this manner of eating so incurable? Because it takes so long after the habit is changed to get to feeling right. Nature begins at once, as soon as the habits are righted, to get rid of the influences of wrong life, but, before the enervation is overcome and full strength returns, the patient suffers many hours from the distress of weakness and longing for stimulation.

It is hard for people, and even many doctors, to understand that great lassitude, and even loss of appetite, follow the giving-up of the disease-producing foods, or the habits common to civilization, and the adopting of a natural, health-producing regimen. The disagreeable symptoms will be interpreted as coming from the change in food, and ignorance will advise a return to stuffing and erroneous food combinations, which, when done, *will bring great relief!* The same relief, however, that the whiskey and drug fiends experience in returning to their stimulants.

THE PRICE MUST BE PAID

Outraged nature demands a price equivalent to the outraging. The law of compensation is just. To be cured of a habit—to be cured of a disease resulting from bad habits—the price must be paid; outraged nature will readjust and become normal, but it costs time, effort, and self-denial and much self-discipline.

If the crime is using coffee until disease results, the victim must suffer the pain of want, and the nervous system must suffer the pain that must come at first from the giving-up of stimulants. The greater the poisonous action that the food or drug has had, the greater the suffering that must be experienced in giving up the habit.

Those who have reformed and are cured of the disease-producing habits have great difficulty in remaining well; for eating, drinking, and smoking are social habits, and to refuse to partake is looked upon by ignorance as an offense; at least, it will be thought a breach of etiquette.

This is a condition to be met by everyone and disposed of according to his strength of character. Everyone should have such a large endowment of selfishness that he cannot afford to injure his body and mind by conforming to custom and convention. Intellect cannot come into full fruition when the nervous system is being poisoned daily by foods and drugs.

The universal lack of efficiency is due as much to the anti-ambitious influence of food-poisoning as to any other cause. Surely no man will deliberately handicap himself, both physically and mentally, if he knows it. It is then the duty of every man to get on the right side of this food question, and, when all men do, the social part of eating and drinking will be cut out for *cause*.

Only the fool will allow habits to stand between him and success. Thousands of men are being held below their possibilities on account of the stuffing, drinking, and smoking habits. These same people speak disparagingly of my plan of correcting disease; but they lose more by cultivating their ignorant prejudice than they can make me lose; it is a case of: "Forgive them, for they know not what they do." They are their own worst enemies.

STARCH A STIMULANT

Few recognize starch as a stimulant, but the fact is: All foods are stimulating, and when starch is taken in excess and in wrong combinations, acetous fermentation takes place, and this greatly stimulates. All people recognize the evil that comes from the daily use of stimulating drugs; they should know the evil coming from overstimulation by food; then it will be easy to teach those of average intelligence what to expect from food-poisoning, and what the cure must be.

White-flour bread is easier to digest than any other bread. Whole-wheat bread is harder to digest the coarser it is; then, when sweets are added—especially preserved fruits, and cane, or beet, sugar—fermentation is almost sure to take place.

WHY SWEETS SHOULD NOT BE EATEN WITH STARCH

When fruits and sweets are eaten with bread, oatmeal, or other breakfast foods, rapid eating is induced because of the large secretion of saliva stimulated by those foods; the bread or starch is not triturated with the saliva as it should be; besides, sweets and fruit acids greatly inhibit the action of saliva. Cane sugar, molasses, syrup, and sorghum change the alkalinity of the saliva into acid; this being true, it is obvious to thinking minds that starch should not be eaten with sweets, for long before it reaches the alkaline secretions of the intestines it will be hopelessly in the grasp of fermentation. From this manner of eating, children are forced into catarrh, tonsilitis, gastritis, and made susceptible to, if not forced into taking on, diphtheria, scarlet fever, and other diseases of childhood. Grown people develop catarrh, asthma, hay-fever, rheumatism, arthritis, heart disease, and other maladies. The reader should always bear in mind that there are no single causes, and when I say that starch and sweets are followed by certain diseases, I wish to be understood as meaning that those living in this way will take on certain diseases when resistance is broken so that the body can no longer maintain the normal alkalinity of the blood; the type of the disease that will develop depends upon the inclination or inherited tendencies of the subject. If rheumatism, gout, stone in the gall-bladder or kidneys, or inclination to any other disease is pronounced, that will be the disease that will develop. Wrong eating may be kept up for years in those of strong constitutions, and the only inconveniences suffered by them will be a mild catarrh, slight rheumatic twinges, a slight eczema, or other small derangements looked upon as of no consequence; a few subjects may live to be sixty or even seventy years of age, but many will die of pneumonia, typhoid fever, or some other disease; but those who suffer shock or injury, or run into great sensuality and break down resistance, will develop a chronic disease that will require the greatest skill to overcome. Those of low resistance will break down and become invalids early in life. This is the origin of neurasthenia.

Many who are in this physical state will be treated by average physicians for their many and varied ills as so many distinct small diseases, and neither doctor nor patient will suspect errors of diet as the general underlying cause; and, when resistance is broken and disease is established for life, no one suspects that the earlier small illnesses were warnings that were not heeded.

CHAPTER XIII

YEAST bread is objectionable because of the yeast used in its manufacture. I have observed that bread made with yeast is more inclined to cause fermentation even toasted than bread made with baking-powder and water or sweet milk, or made with soda and sour milk. The salt-rising bread also causes fermentation.

Fermentation in the stomach or bowels, or both, may be brought on from overeating; eating too much potato or other starchy foods besides bread; eating meat and starch together; eating too great a variety; drinking too much water after eating.

Mental worry is often the cause of indigestion (fermentation); anything that enervates lessens digestive power and becomes an indirect cause of fermentation.

There are people who know that all I have said about bread and food combinations is not true. They can eat any sort of a hodgepodge and suffer no inconvenience; they are the people who, when they continue eating as they like, sometimes die of cancer of the pylorus, obstruction of the bowels, or appendicitis; but their usual taking-off is from apoplexy, paralysis, kidney diseases, hardening of the arteries, pneumonia, or some other acute disease.

There is a very large per cent of the people made sick in many ways by fermentation of food. Many very scientific physicians and surgeons do not know this and, like all people with a limited mental horizon, are quite sure there isn't anything in it. These are the professional men who take blood pressure, blood count, test for specific disease, for tuberculosis—in fact, for every known disease—and then treat their patients with a mixed serum; for they find so much reaction, either positive or negative, that, to make sure of doing the right thing, they do everything at once and give every old kind of serum at a dose.

WONDERFUL AGE

We are living in a wonderfully scientific age. If the surgeon is in doubt about anything at all being the matter with his patient, he makes an exploratory operation to find out; if the physician does not know (and the rule is he does not), he starts in with a scientific examination of all the fluids of the body, and then some; when he has finished his examination, he feels justified in guessing what the disease is, and his working hypothesis is that the patient is laboring under a mixed infection and, of course, must be treated with a mixed serum, with streptococci as a base. This is medical science up to date. In the days when I was a college student we were not left without resources; when we were in doubt about diagnosis—about what was the matter—we were instructed to treat the patient on *general principles*. Wonderfully clever instructions! For all students were wise enough to tell when there was fever, as their thermometers would tell them; hence they could give fever medicine; a coated tongue could be gone after; if the young doctor was a "regular" physician, he could use calomel, or, if he were an eclectic, he could use podophyllin and leptandrin.

The doctor of thirty to fifty years ago had lots to do with, and his resourcefulness was great. He could change remedies every three hours, if he could call on his patients that often. Doctors were as cock-sure in those days as they are now, and knew what they were doing then as surely as they know now.

The regular-school physicians were as vehement in their denunciation of other schools and phases of treatment as they are now; that school has always made up for its lack of efficiency in curing disease by a noisy denunciation of other systems; the only reason other schools have not done the same is because they did not have the power, and were kept too busy maintaining an existence. Intolerance is one of the synonyms for school or creed.

Indigestion may come from any cause; and I wish my readers to understand that there are many causes—too many to enumerate; and it creates as many symptoms as can be enumerated from the nomenclature.

WHY SHOULD SCHOOL GIRLS BE SICK?

What is the most plausible excuse for sickness in school girls and young women? Overeating or improper eating. Of what symptoms do they usually complain? Nervousness, crankiness, morbidness generally; palpitation of the heart, flushed face, white lines about the mouth, headaches, painful menstruation, constipation, coated tongue, and bad breath.

How are these symptoms produced? Eating three times a day and between meals. As little children they were induced to eat bread by spreading it with butter, honey, jellies, jams, preserves, and other sweets and fruits. When they evinced a desire to make a meal of fruit, meat, fish, eggs, salads, pickles, milk, or anything their childish appetites fancied, they were told by parents: "You must eat bread with that chicken," or jam, or whatever was selected. In this way a morbid appetite for bread has been built in most families, and when bread, or foods made from cereals, are too freely eaten, the child will begin to go to the bad in many ways—first by wetting the bed, kicking and groaning in sleep, catching cold, bad breath, coated tongue, toothache, earache, catarrh, adenoids, and enlarged tonsils from frequent sore throats. As the child grows older, rheumatism, tuberculosis, leucorrhea, painful menstruation, or morbid sex development takes place, and along with sex neurosis comes incorrigibility. Boys and girls in this physical state give parents much trouble, and unless these young people are handled very carefully, their lives will be ruined. To control and take proper care of them is a problem that has not yet been solved, and it will not be until the part played by starchy foods is fully understood and acted upon.

WHY SO MUCH STARCHY FOOD IS EATEN

One reason so much starch is used is because bread, cereals, and potatoes are the cheapest foods on the markets of the world; and another reason is that bread is looked upon as the staff of life.

Meat is given credit for producing much disease, but the charge is made without investigation—indeed, without reasoning. No correct conclusion can be arrived at so long as the observation is made when bread is eaten with the meat.

AMERICAN INDIANS DYING FROM TUBERCULOSIS

It is said that the American Indians are dying out from tuberculosis; this has come about since they have been taught to eat the white man's bread. In their original state their principal diet was meat. The hunters and trappers who devoted their lives to the hunting business from about the first to the middle of the last century ate meat almost exclusively; for they would be out of meal and flour most of the time. I was assured by one old buffalo-hunter, a few years ago, that my idea about coffee would not work out on a rigid test. He said: "I and my men have lived on buffalo meat for months at a time, and no other food except a pint to a quart of coffee at a meal."

The salvation of these men probably came from the fact that they did not have bread. It is my belief that, if a human being is forced to live on either bread and coffee, or meat and coffee, he will live longer on the latter than on the former and have fewer sick days. It must not be forgotten that the Indian and the hunter lived outdoor lives, and this style of life makes up for a very imperfect ration. Food, whatever it may be, can be utilized when the life is spent in the open night and day. This does not mean sitting and lying around out of doors day and night; it means an active fresh-air life.

INFLUENCE ON GIRLS OF INDOOR LIFE AND LACK OF EXERCISE

The indoor life of children, girls, and women, as above referred to, and the lack of exercise, have much to do in building their ill-health; for there are a few young people who eat much the same way, yet, because of strenuous outdoor play and exercise, they are much more vigorous and have much less sickness.

To learn the influence of a given article of food is extremely difficult, for the eating custom is to mix more or less. Those who eat the fewer varieties usually eat bread, meat, and coffee, or bread, fruit, and coffee; the fruit being cooked with sugar—a preserved fruit—as a jelly, jam, or butter; and we know that people who eat in this fashion develop a very nervous state. When such a diet is continued, nutrition becomes more and more perverted, the patients become thinner, a few grow quite stout, the heart palpitates, headaches develop, a chronic tired feeling comes to stay, arteries harden, bladder irritation is common; many become neurasthenics, which means they have anything and everything to make life miserable.

STARCH POISONING TREATED FOR MANY DISEASES

When those with starch poisoning have labored with acid fermentation for years, resulting in constipation, headaches, and many ills, and have been treated for liver disease, heart disease, stomach and bowel disorder, and many other maladies, scientific medicine discovers that there is *falling of the stomach*, which needs operating upon; a vicious circle is discovered, and nothing but an operation will cure it; or a portion of the bowel must be cut out—that superfluous part which nature in her ignorance and stupidity gave to man, and which is fit for nothing except to get him into trouble and force surgeons into making life-saving operations, much against their wish.

What is the real cause of so much bowel, uterine, and bladder trouble? Gas distention coming from the consumption of too much starchy food, along with the general custom of eating too much.

Most people have from one to six kinds of starches on their tables three times a day. This overeating of starch brings on fermentation and acid poisoning, which causes gas distention, overstimulation, and enervation. The bowels, when overdistention becomes an established state, lose power; the normal peristaltic action is more or less inhibited; in severe cases they are almost paralyzed; all kinds of stimulants are used to secure a movement, with a gradual lessening of their influence, until it is almost impossible to secure an action with the most drastic drugs. Besides causing constipation, the gas pressure causes heart palpitation, shortness of breath, in some people asthma, in others cough, headache, hysteria, hypochondria, and many other nervous symptoms; and when hope of cure is gone, neurasthenia accommodatingly answers for all. The pelvic region suffers from gas pressure; all sorts of uterine displacements, piles, bladder irritation, bladder weakness with residual urine, following which will be prostatic irritation and frequent urination.

Pressure on ovaries causes much nervousness in girls and women; so great is the suffering from this cause that thousands have been operated upon for the removal of ovaries and womb.

THE INFLUENCE OF GAS IN BOWELS

Nearly all the misplacements of the pelvic organs are produced from gas pressure, and there is but one cure—namely, right eating and exercise. There is no excuse for surgery in these cases, and when it is performed it amounts to malpractice. Unfortunately there is a disgraceful amount of this sort of vandalism going on all over the world by professional men who would have federal indorsement, and who are already getting much more than is wholesome for the people; and, unless the public can be enlightened on the subject, unnecessary butchery will continue and grow worse.

When patients, suffering from diseases originating in gas distention, apply to scientific physicians for treatment, what do they get? *A thorough examination, of course.* If they go to six or ten, and have as many *thorough examinations,* no two will diagnose and treat their ills the same. In ten years after chasing these scientific doctors these patients have nothing to show for it except a little scientific education; they can recite the details and findings of every examination and treatment they have taken; they are positively daft—bat-house—on the subject. Are they cured? Far from it; indeed, they never were farther away from health.

Before they can be cured they must get rid of the insanity taught them by *scientific* physicians, and this is a larger undertaking than to have corrected their ills in the first place.

Every physician of twenty-five to forty years' experience, who is not a sycophant or toad-eater, will agree with me.

I recently had a patient who spent over five months in one of the leading sanitariums and six months at a noted springs resort. His treatment had been eminently scientific, and it, like unto the effect of much modern treatment, threw him into a profound hypochondria. He was educated into a full understanding of the term "neurasthenia." It requires a much greater skill to correct medically created insanity than to cure the disease for which it was exchanged—if, indeed, both states do not have to be cured, which was true in the case to which I refer.

WHY CAUSE OF DISEASE SHOULD BE REMOVED

A disease should have the cause understood and removed as early as possible, for the longer it remains and the more doctors fail in curing it, the more danger there is in developing a sick habit —a sick habit of mind that believes the disease can't be cured, and a sick habit of body that learns automatically to repeat certain symptoms. To make my meaning clear: it is easier to have a second pain than a first, and the oftener a discomfort is repeated, the stronger the tendency is for it to return, and in people who haven't a large purpose in life the tendency is strong to fill the life with a sick habit after it is once started.

When a woman or man has been jilted, or has met with a great disappointment, a mental shock of this character, with gas pressure from indigestion, and a lessened alkalinity of the fluids of the body from absorption of the acid of fermentation, is often excuse enough to ruin a life and develop an invalid of the victim. If several operations are performed in a fruitless endeavor to cut out the pain, then the patient is securely landed in the invalid class, and much time and tact are required to cure, if it can be accomplished at all.

Children may take cereals or bread at two meals a day, or, if fruit is not eaten, three times a day. The best plan, however, is to give bread or cereals for breakfast. Oatmeal mush or porridge can be eaten with milk, but sugar should be kept out of it; or whole-wheat-flour biscuit or bread with butter, and follow with milk. Two or three times a week a properly made biscuit, with butter and honey, followed with milk, may be eaten. Honey is not inclined to create fermentation, as are other sweets.

WHEN CHILDREN MAY HAVE CANDY

At noon children may have candy. The caramel is the best candy. It should be fresh, and the child may have all it wants; then follow with milk. Uncooked fruits are best; when not available, dried, canned, or preserved fruit may be used. Preserves are rich, and should not be eaten with bread or other starch. Children should not be fed when sick. Delicate, catarrhal children should not be allowed candy and preserves. Cup custard, ice-cream, prune-whip, are for healthy children only. In cold weather raisins, dates, or figs, with cottage or the ordinary cream cheese, followed with milk, make an excellent meal. After such a meal a child should have all the bread and butter desired, followed with milk for supper. Dinners for children may be one or two cooked non-starchy vegetables, combination salad, and a baked potato, Irish or sweet, macaroni, corn bread or whole-wheat bread. Once or twice a week leave the starchy food out of this meal and give meat—chicken, lamb, fish, or eggs.

If children are fed this way, and not allowed to eat between meals, they will be immune from the ordinary children's diseases. Of course, this style of eating must be accompanied with clean bodies, beds, clothes, and proper ventilation of bedrooms.

When children are sick from wrong eating, they must be fasted and fed very lightly until health is restored; then adopt the above regimen. Instead of meat use nuts. See to it that they thoroughly masticate all their foods. Nuts may be ground where chewing is bad.

At first, before disease and malpractice have developed a sick habit, these patients can be cured by proper diet and care of the body. If the weather is hot, a cold sponge-bath should be taken every day, followed by a thorough dry rubbing; wear light underwear; exercise before the bath; and, to overcome constipation, one pint of cold water should be taken before breakfast of a morning, and, if necessary, as much more at eleven A. M. and five P. M.; bread-eating, and the eating of every other decidedly starchy food, should be limited to one meal each day, and never more than one variety of this food at a meal.

WHEN IMAGINATION IS WORKED OVERTIME

If indigestion has been developed so long that the patient has painful menstruation, headaches, constipation, and is in such a nervous state that the imagination is working overtime, she should be sent to bed and given vibratory treatment or massage. Osteopathic treatment is an invaluable auxiliary. While in bed the eating must be light: fruit for breakfast, broth or milk at noon, and milk at night. Buttermilk, made fresh, most patients like.

The patient must be kept quiet; company must not be allowed; she must be urged not to discuss her sickness with anyone, for a very large per cent of her suffering is imaginary, and talking about it to anyone enlarges her trouble and confirms her imagination. Great pain belongs to ignorance, wilfulness, lack of poise; in a word, incorrigibility. The sick habit is one of the most disgusting states of mind the doctor has to do with. If the professional man is inexperienced and believes the tales of woe that such patients tell him, he will be led a merry chase. They, the doctor and patient, will live in a Fool's Paradise, expecting a cure, until everything that belongs to her reproductive organs has been removed; then it will begin to dawn upon the medico-surgical novice that his patient hasn't any disease; for *hasn't he taken every diseased organ* out of her body? Of course he has; *and now she is sick because she wills to be!* It is at this stage that the doctor believes Christian Science is applicable. How do I know so much about such cases? Because hundreds of them come to me every year. This is called by some people *modern medical science*, but idiocy and insanity should be used in the place of *science*.

Who are the doctors who make such failures? They are those who clamor loudest for laws to put down the quack. A few of this type are holding federal appointments and are giving Uncle Sam inside information about quacks, and they are not even particular about mixing a few *informers* up with the quacks. The informer is the man who knows all about *modern medical science*, but has too much self-respect to practise it.

The class of people I have been describing should not eat decidedly starchy foods more often than once a day, and while they are getting rid of gas and its consequences it would be well to stop all decidedly starchy foods—namely, all foods made from grains, potatoes, dry beans, and peas.

When well, bread should not be eaten more often than once a day, and it should not be made with yeast. It can be made of whole-wheat flour for those under thirty-five; half white and half whole-wheat for those over thirty-five. For those with high blood pressure and hardening of the arteries only white-flour bread should be used.

When a simple cake is desired, it can be used at the noon meal, with custard or ice-cream. It takes the place of bread for the day.

Those who must have pie may take it with milk for lunch.

Baked apples, baked custard, cheese, and milk make a satisfying lunch; then baked potatoes, with non-starchy vegetables and a salad, make an excellent dinner in the evening, when no other starchy foods have been eaten at the other meals for the day.

The class of people who have ruined their health from eating too much bread should never eat it more often than once a day after they regain their health; for, if they do, they will bring back all the disagreeable symptoms.

To have success, the mind must receive attention.

CHAPTER XIV

THE decidedly starchy foods are those made from all the different grains. Wheat, oats, and rice stand at the head of the list in importance; potatoes, beans, and peas rank next.

Toasted bread carries the highest food value of anything in the grain line; it has 11.5 per cent of protein and about 62 per cent of carbon. Zwieback has 9.8 per cent of protein and 73.5 per cent of carbon. Beans and peas carry more protein than other vegetables—about 25 per cent; beans carrying a little more than peas. Besides, these vegetables carry from 60 to 65 per cent of carbon. It is the starch in these two important foods that causes them to be indigestible to all people who have weak digestion; indeed, I do not often prescribe beans and peas, for I am prescribing for people every day who have not the digestive power to take care of this class of food. When I do prescribe them, I recommend a very simple meal of beans with a combination salad; if more variety is desired, one or two cooked non-starchy vegetables may be added. But to eat beans with bread, meat, and other heavy foods is certainly inviting digestive trouble.

It would be well for me to remind the reader that digestive troubles may be manifested in a derangement of the stomach, or they may not appear except as an autotoxemia, with symptoms we call catarrh, neuralgia, rheumatism, *et al.*—diseases of daily occurrence. And it may be well also to inform the reader that the class of people who have stomach symptoms are those of less than full resistance, while those of full resistance—those who can *digest tacks and nails*—are often not inconvenienced until apoplexy, paralysis, or kidney disease reminds them that they have been playing with a never-varying law.

AVOID EATING TWO STARCHY FOODS AT A MEAL

Potatoes, corn bread, macaroni, dry beans and peas—any one—may be made the basis of a dinner, but not two of them at a time; and meat, of course, should not be combined with these decidedly starchy foods. The non-starchy vegetables may be used freely with these decidedly starchy foods; also a combination salad, dressed with salt and olive oil—no acid.

On days that potato or any other starch is to be used at dinner, eggs can be eaten for breakfast; however, if beans or peas are used (these articles of food represent both meat and starch), the other meals for the day may be of fruit and dairy products.

Suppose the market affords only salt pork, beans, oatmeal, cheese, canned milk, and dried fruits—how should these foods be eaten? For breakfast: oatmeal mush and milk every other morning; on the alternate mornings, cooked fruit and cheese; or stew a little sow-belly until tender, and then slice thin and broil, and eat it with the fruit. No doubt many of my readers will say: "Who could eat fat meat with fruit?" Those who are deprived of fat in every other form will take to this fat, or even whale-blubber, as a fish takes to water. Then, why not eat it with the beans or oatmeal? Because it renders these foods harder of digestion, and the fat, disguised in this way, will cause the palate to send more into the stomach than would be taken if used as I recommend.

If fruit and cheese are taken for breakfast, then fruit and meat for luncheon, and beans for dinner in the evening. If possible to have cabbage or onion, eat these vegetables raw with the meat or beans. The reason I mention these two vegetables is because they are found where it is impossible to procure other vegetables. If vegetables are out of reach, eat the fruit with the beans, if the desire is to do so. Why not cook the beans with the pork? Because the beans are rendered more indigestible. Fruit, cheese, and milk for breakfast; meat and fruit for luncheon; beans and fruit for the evening meal, if not satisfied with beans alone.

I suppose there will be a few people so childish as to say, after reading this: "Dr. Tilden recommends salt pork!" I have been interpreted thus wisely many times.

There are people situated in such out-of-the-way places that they have less variety than the menus referred to above. If this falls under the eye of such, or of those who are living in civilization, but on account of high living expenses are unable to buy what they need, I take pleasure in referring them to a small booklet of mine, entitled "What Shall I Eat When Traveling?" which gives hints of how to select from average menus. Boarding-schools and colleges are notorious for the indigestible food they serve to their students. All of them would be benefited by reading and adopting the suggestions set forth in this book. It certainly would be to the mental advantage of their students.

If we can't live ideally, we should live the best we can; and I know that improvement can be made, from the hovel to the best-equipped home or institution in the land. Ignorance in preparing and combining food is universal, and ignorance of a need of knowledge on this subject is almost universal.

Fermentation is the root of all evils in matters pertaining to food and digestion, and starch stands at the head of the list of all foods in its susceptibility to taking on this change. When starch, in the form of bread, is taken with butter and milk, it is least inclined to ferment, especially when the bread is made without yeast and is toasted. Starch in the form of oatmeal mush and other cooked breakfast foods can be eaten with unskimmed milk with the least probability of fermenting; when sugar is added, the possibility of fermentation is decidedly increased; when toasted bread and butter, coffee, eggs and bacon, and fruits are added, every additional article increases the inclination to fermentation. Where this style of eating is followed with ill-health (it doesn't matter if there are stomach symptoms or not), it is safe to assume that the acid of fermentation is at the bottom of the bodily derangement, and the eating should be modified in keeping with this assumption. The disease may be diagnosed as sluggish liver, headache, rheumatism, nervousness, malnutrition, heart derangement, hysteria, painful menstruation, and other diseases of daily occurrence, and given special treatment, with the customary failures; but physicians who are susceptible to a hint in the direction of cause and cure may expect to cure all such cases by correcting the habit of eating disease-producing breakfasts.

When all the disagreeable symptoms of daily experience among the people are proven to come from a reduction of the normal alkalinity of the fluids of the body, caused by acid fermentation—from wrong food combinations and referable to the stomach as the primary source—even medical novices and laymen may have more success in treating ordinary diseases than do the most scientific physicians today. But, as unreasonable as it may appear, scientific medicine goes out of its way to drag in a lot of nonsensical causes, such as hyperchlorhydria, deranged motility, displacement, reflex irritations coming from every part of the body for which surgery is enlisted, and ovaries, appendices, and other organs are foolishly sacrificed.

A lady, about forty years old, who was formerly (ten years ago) a patient of mine, made a social call on me today as she was passing through Denver.

When she was my patient she could not be coaxed nor driven to follow instructions. The possibility of food causing her bad feelings was absurd from her point of view, and induce her to modify her eating enough to secure health I could not; so we parted as doctor and patient, but as friends we meet occasionally.

At this visit she told me of having ovaries, tubes, a part of the womb, and appendix removed by a Chicago physician; but still she is not happy, for she is still full of discomfort, and, according to her doctor, she has prolapsus of the bladder and both kidneys floating. The good lady is in despair, and insists on knowing if I think an operation is necessary. Of course, I refused to examine her, and reminded her of a time when she might have got well. She is a woman of excellent parts, but as impervious to truth as an oyster, and will continue to have operations as long as she has anything to cut out; after that, if she is alive, she will finish her days complaining, with no one to sympathize with her—for such people wear out their friends.

She was a handsomely built woman, and with ordinary prudence could have lived comfortably and enjoyed good health; but she would eat as she pleased, and any sort of combinations; then suffer indigestion; and the gas in the bowels would cause pain that *many doctors* diagnosed ovarian disease, appendicitis, heart disease, and many other diseases met with in daily life.

There was no excuse for the operations this woman went through; and she is one of ninety others out of her class of a hundred operated on who did not need an operation.

The world pays a tremendous price for ignorance and incorrigibility. The fool can't sense truth, and, when given the choice of dilemmas, will choose the one that requires the less effort on his part—unable to understand that the best in life is in the line of greatest resistance.

Health, long life, and mental efficiency are in the line of wisely directed effort—a reckless haphazard brings trouble and inefficiency.

HOW TO STAY IN HEALTH

People in health will not build bodily derangements if they eat well-cooked oatmeal mush or porridge with skimmed or unskimmed milk; or fruit, cheese, and milk; or properly baked biscuit, butter, and honey; or biscuit, honey, and a small bit of breakfast bacon; or biscuit, butter, and glass of milk; or, in the summer time, fruit salads, cheese, and milk. Starch, fruit, sugar, eggs, bread, meat, etc., indiscriminately mixed, will certainly lead to trouble of some kind.

Perhaps it is not generally known that those people who simply vegetate—those who are not troubled with a nerve-destroying ambition—can break all kinds of dietetic rules with apparent impunity. A few ambitious people are so happily endowed with reason and judgment that they begin early in life to realize from their work—they soon begin to eat of the fruits of their toil. This is called success, and "nothing succeeds like success." Success gives health, and if successful people do not run into great dissipation, they may live to a reasonable old age, breaking nearly every rule I lay down; but who is able to say truthfully that if they had been more prudent they would not have developed into greater mental and physical efficiency?

The ambitious man who meets with great opposition, and to whom success comes later in life or not at all, need not hope to live to a reasonable old age, even if he is careful in the care of his body; for a certain amount of realization is as necessary as correct eating and the avoidance of health-destroying habits. Ungratified ambition and wrong life destroy the mind or body, or both, very early. The great majority of people who live to extreme old age are found to be among the poor and ignorant—those who have lived in the cheapest way, have been deprived of all luxury, and have never been pained with disappointed ambition. This being true, isn't it full of significance?

THE INFLUENCE OF TOASTING BREAD

Many believe that toasting bread or dextrinizing the starch overcomes its tendency to ferment. This is true to an extent, but it is easy to overeat, and when toasted or dextrinized bread is eaten beyond digestive capacity it will ferment; for all the starch is not converted into dextrin; besides, even when it is, the yeast in the bread is not killed, and it will convert dextrin into acid.

When toast is made from yeast bread, only a very little is sometimes necessary to set up fermentation in dyspeptic subjects, especially those suffering from nervous dyspepsia. Those who have stomach derangements should avoid *yeast bread.*

Starch being so prone to ferment, bread should be eaten as nearly by itself as possible.

A properly made biscuit goes well for breakfast with honey, when not eaten oftener than three times a week; biscuit, egg, and bacon is a popular breakfast, but it is not a good combination. All who are not on a rigidly restricted diet can get on with these breakfasts nicely; but the lunch should be fruit, or fruit, cheese, and milk, or perhaps not more than a glass or two of buttermilk. Those who follow a hearty breakfast with a heavy noon meal need not be surprised when they come to grief in a digestive way.

Hyperchlorhydria.—From certain ultra-scientific quarters we hear much of test meals and the discovery of hyperchlorhydria (hi-per-klor-hi-dre-ah)—excess of hydrochloric acid in the gastric secretions. What is the cause? Great irritation of the stomach, brought on from uncontrolled emotions; in many cases excessive venery or lasciviousness; worry and too much starch-eating; living in a state of mental irritation, and lack of poise.

What is to be done? A novice, with any promise of mental development, would be expected to say: "Remove the cause; keep away from excitement; rest the stomach from food, and feed anything except starch, at the proper time."

Those who are sick in this manner must be disciplined and dieted if they would regain health. Fruit, broth, and milk, restricted to digestive limitation and eaten singly at separate meals, will agree if the stomach is ready to receive food; if not, fermentation will follow, which means that food must be withheld until comfort returns; then eat, but less than before. Physical and mental rest, with proper feeding when the signs are right, will cure in a reasonable time.

It is well to bear in mind that in all cases of hyperacidity, condiments—including savory, sugar, pickles, etc.—are to be avoided.

At the risk of exhausting the patience of my readers, I must repeat: Starch-bearing foods will agree with anyone who is in proper condition to eat, if eaten alone—if eaten without combining other foods. People with full digestive power may eat starch in the usual way of mixing, and feel no inconvenience except an occasional biliousness, headache, or short indispositions of some kind, and no attempt will be made to discover the cause; others will have occasional attacks of indigestion, which may be attributed to overeating; then there will be the semi-invalid class, with a multiple variety of symptoms which are diagnosed and treated for a multiple variety of diseases; after this class comes the profound stomach diseases of more or less organic development. From first to last the chief offender is starch; but to starch's credit it must be said that its great offending is due more to the company it is forced to keep than to its own influence. When it is taken with sugar, the sweet stimulates gastric secretion; when taken with jelly, cooked and preserved fruits of all kinds, the same results follow, and, in those of low resistance, fermentation results; perhaps the only inconvenience will be the developing of an uncomfortable amount of gas.

When sweet potatoes, dry beans or dry peas are eaten with foods that stimulate much gastric secretion, the bowels will fill with gas; when these foods are eaten alone, or with nothing more than a plate of combination salad, little, if any, discomfort will follow. The salads prevent fermentation; so do raw fruits; and those with a reasonable amount of digestive power may eat the starchy foods with fresh, uncooked fruits, without experiencing digestive inconvenience, and they may be able to add sugar and cream to the fruit; but that class which is troubled with acid fermentation will have to forego the use of bread and other starchy foods until their stomachs are cured of chronic irritation, before indulging in raw fruit, sugar, and bread, or an occasional shortcake.

People should eat according to capacity—power to digest and assimilate. The rule is that those of least digestive power desire to eat the most unreasonable food mixtures and combinations. They are prone to declare that they do not eat as much as this, that, or some other person—perhaps someone who has the digestion of a sawmill.

EVERY INDIVIDUAL A LAW UNTO HIMSELF

Every individual is a law unto himself, and what someone else does, or fails to do, has nothing to do with the other "feller."

What we have been able to do with impunity today, last week, last month, or last year, has nothing to do with what is best for us to do tomorrow, next week, next month, or next year. We should always be willing to do for ourselves whatever is best, and that which will conserve health and life and develop the greatest efficiency.

Bread eaten with butter, thoroughly masticated and insalivated, without any other food except to follow with a glass of milk or a cup or two of teakettle tea, will agree with any stomach that can take starch. The less salt in the bread and butter, the better; for the salt excites gastric secretion the same as sugar. Honey may be eaten with bread; being sweet, it stimulates secretion, but it also opposes fermentation, and, in doing so, permits physiological fermentation to take place to complete digestion; whereas, if cane or beet sugar were used instead of the honey, pathological fermentation would take place.

A little properly cured breakfast bacon, like honey, opposes fermentation and can be eaten to advantage by people who are troubled with fermentation or sour stomach. Overeating must be avoided; for, if too much bread is eaten with either honey or bacon, digestive trouble must follow. Too much honey can be eaten; too much bacon can be eaten. Three times a week for either is as often as one should indulge. A properly made and baked white-flour biscuit offers the least tax on digestive energy of any bread, unless it is the same biscuit split and toasted. Popular opinion is that whole-wheat* bread is easier of digestion, but this is a mistake. When bread is eaten for breakfast, a light lunch of fruit should follow, with a dinner in the evening devoid of starch. This is the best plan for those who have much fermentation after eating.

Animal foods are credited with carrying uric acid into the system; hence, to avoid uric-acid poisoning—or, I would better say, to prevent the accumulation of uric acid—man needs only to abstain from uric-acid-carrying foods, of which meat stands at the head, to be free from poison. If this were true, it would be an easy matter to avoid this most far-reaching disease-producing influence.

I do not believe that this theory can be demonstrated except on paper, for I believe that it is impossible to ingest enough animal, or any other uric-acid-bearing, foods to seriously affect or poison the body because of the acid carried by the food.

URIC ACID

Uric acid is an end product of animal digestion—it is generated in disease-producing quantities by the animal body out of any foods taken in excess of perfect digestion. It is a demonstrable fact that uric-acid-free foods, taken into the animal organism beyond that organism's ability to digest properly, will cause an accumulation of uric acid. My booklet on "Autotoxemia" will give the reader an exact idea as to the cause of self-poisoning, and uric acid is one of the by-products of animal metabolism.

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*It should be remembered that I write, whether I will or not, for those who have impaired digestion. A normal digestion will not balk at whole wheat

I wish to emphasize a very important discovery I have made on the food question, namely: No food, animal or vegetable, that is used by man, is a poison *per se*. If it becomes a poison, it must be when it has undergone the change of decay which renders it unfit as a food; or when it is eaten beyond the digestive capacity, and is forced into an artificial decay; or the system is so enervated that it has not power to rid itself of the eliminative products, and they are retained to further poison and enervate.

Enervation is what permits food-poisoning to take place, and anything that overstimulates causes enervation.

WORK A STIMULANT

Work is a stimulant, and, when pushed to the extent that full recuperation cannot come with sufficient rest, enervation becomes established. The continued use of drugs—alcohol, opium, cocaine, strychnine, and others—also tobacco, coffee, and tea, is followed by depression—enervation.

THE ENERVATED MAN

The enervated man does not breathe deeply, for lung power is lacking; the different organs of the body fail to perform their functions in full; and, this being true, it is obvious to the thinking mind that elimination is imperfect. Then, why will there not be an accumulation of waste products, among which uric acid is neither last nor least—not, however, the uric acid taken in with the food, but the uric acid that is one of the end products of nutrition (katabolism is the exact technical word)?

When enervation is pronounced, capillary circulation is weakened, and a normal supply of blood is not carried to the surface of the body, but is left to engorge the internal organs.

Meat and other animal foods are frankly stimulating and, of course, when eaten beyond the body's needs, will cause enervation, the same as an oversupply of any other food; not, however, because of the unexcreted waste products left in the flesh of animals used as food, but simply because an oversupply causes overstimulation, enervation, and imperfect elimination.

The question is continually asked by the people, and as continually answered by medical dietitians: "How much food is required? How much albumenoid is required to supply the waste and building process?" It is agreed that a man weighing 140 pounds should be supplied with 1,260 grains of albumen each day; or, to find approximately about how many grains any individual needs, multiply the individual's weight by 9. This answer is mechanical and serves the public—or, I might better say, the human—demand for formula. But is there a precedent, in all nature's operations concerning growth and development, where waste and supply are measured? In nature, want reaches out to supply and take what is needed, and nature in man does the same; every human being is driven to supply by want, and it is to laugh when man sets a limit to supply and fixes the need.

Desire for food causes man to eat; if he eats too much, he is made uncomfortable and has no desire for more until well. This is man's natural state; but when the human animal *has learned from science* that he needs from 1,200 to 2,000 grains of albumen each day, whether there is desire or not, he "must eat to keep up his strength."

The medical profession has inculcated so much fear in the people, and itself, about starving to death, that few sick people are willing to go without food even when suffering; and the most pronounced ignoramus in the medical profession should know that digestion is positively inhibited when the body is suffering. When there is pain and fever, digestion is suspended; when there is discomfort, with much enervation, rest and water are the only foods needed.

Thousands of people have died this fall from typhoid fever; no, I would better say that they died from typhoid-fever treatment, for the fever is not *per se* fatal; they died from drugs and food. Food and drugs force this disease into taking on grave symptoms.

As I stated above, the medical profession has taught the people to fear fasting in disease, and, as a result, few people are willing to miss a meal when uncomfortable, but persist in eating until a simple indisposition is forced to take on a severity that frequently costs a life.

CHAPTER XV

FALLACY never leads to anything except fallacy. The reason that physicians in general fail to secure desirable results when prescribing food is because they are taught a false theory regarding feeding. An animal is not a machine and cannot be fed as an engine is stoked. Stoking is not dietetics. I am frequently asked if I have a book that teaches food values and how much to eat.

Perhaps it is best here to interpolate the statement that I have often made before—namely: Read this book, or whatever is read, carefully and understandingly. Don't forget that those who read carelessly, skipping here and there words the full meaning of which is not understood, will, whether they wish to do so or not, read meanings into authors' statements not intended at all, and in this way become carriers of falsehood instead of truth's standard-bearers. How much benefit are such friends to the man who endeavors to enlighten? Those who would escape living in mental chaos should own a first-class dictionary, the best encyclopedia, and as many other reference-books as possible. Someone will say: "I can't afford such books." My answer to all such is: You appear to afford a more expensive luxury than books—namely, the misunderstandings that reference-books cure. The most expensive luxury in life is lack of proper understanding. Most people know enough, work enough, eat enough, and enjoy enough to live charmed lives (be lucky), if they had any system—if they had a proper steering-gear; but they have not; disorder—chaos—reigns supreme; all their applied energy is led off by a mixed transmission.

and when they would go forward they run backward, climb a tree, or duck into a ditch. All this uncertainty can be cured by beginning today to learn the exact meaning of every word.

With this prescription for mental malnutrition, I shall return and take up physical derangements where I left off.

QUANTITY AND QUALITY

I have endeavored to teach my readers to understand that quality and quantity of food can well be left to instinct, provided instinct can be governed by my four rules; namely: First Rule—Never eat when feeling bad. Second Rule—Never eat without a keen relish. Third Rule—Avoid overeating. Fourth Rule—Thoroughly masticate and insalivate, especially the starchy foods.

Physicians and institutions making a specialty of dietetics furnish their patients with charts setting forth the qualitative and quantitative analysis of all foods; particularly the amounts of tissue-making foods (albuminoids or proteids) and heat-producing foods (carbohydrates—sugar, starch, and fat). Each item of food carries with it its food and heat values, and patients are supposed to select enough of each, according to tables given, to supply themselves with the standard amount required by nutrition. This subject will be discussed in my forthcoming book, "Food—Its Composition, Preparation, Combinations, and Effects."

I wish this plan would work; for it is easy. But we can't base the rules of diet upon the study of some particular individual; neither can we establish an average from a hundred thousand or a million people, that will be applicable to one sick man or one well man; as well furnish a composite picture of one million people and give it out as an exact likeness of any given person. As surely as there are no two grains of sand exactly alike, nor two grains of wheat without a difference, so surely are there no two individuals requiring the same care—diet, clothing, or mental stimulation. Each individual has a guide all his own—namely, hunger and general comfort or discomfort. Hunger with discomfort is not to be supplied; hunger with comfort and a general feeling of well-being is to be satisfied, and, if satisfied intelligently, comfort and good feelings will remain; if discomfort makes its appearance, either too much is being eaten, or the combinations are wrong, or too much albuminoids, starch, sugar, or fat are being used; and it may be possible that the mental state is the cause of the discomfort. For instance, in syphilis the mental anxiety and worry often keep the body poisoned by toxins created by fear, beyond the possibility of a cure; and *modern medical science* credits the whole derangement to syphilis. Other diseases are largely built by the mind, and all with a physical base intensified by imagination and worry.

VITAL FOODS

Limited dietetic horizons are known by their specializations and prejudices. It is not uncommon to see someone suffering from a physical or mental derangement brought on by a peculiar diet which he is quite sure is ideal. Ten years ago Miss Leppel, of London, was quite sure that I could not stand the stress of the work I was doing, if I continued to eat as I did at that time, and which plan I have continued ever since. She was sure that I did not eat enough vital foods. At the time, she was boasting of eating a pound of lean pork at a meal. She took great delight in calling the attention of her readers to every death occurring among prominent vegetarians. She could see their faults and fanaticism, but not her own. She died in her prime, in spite of eating quantities of "vital foods." Her friends say she died of overwork; my opinion is she died from an overworked nutrition.

It is better, however, to die early than to live on and on after the brain has been put into *status quo* by a prejudice that forever bars progress. Fanaticism requires a restricted mental diet, and in time the physical will contract and retract, and finally evolve a diet that corresponds, on the principle that like attracts like. When a leaf furnishes hostage to the larva of the tortricid moth, it begins to contract; the same is true of the mind when it gives hostage to an individual, isolated opinion—one that is detached from all logical antecedents and sequences; the longer it is entertained, and the more the will is set against conflicting or opposing evidence, the more the mind will be rolled into a degenerating prejudice.

FOOD IS CHANGED INTO PEPTONE BEFORE IT IS ABSORBED

I have stated many times that food in its compound state never enters the organism; it is taken into the stomach, and while it is yet on the outside of the body it is dissolved by the gastro-intestinal secretions and converted into a liquid that is absorbable. The stomach liquid is named peptone, and can pass through any membrane that water can pass through.

This liquid does not represent pork, beef, turkey, fish, cheese, milk, soup, fruit, or vegetables. It is a refined liquid carrying the elements—hydrogen, oxygen, nitrogen, sulphur, phosphorus, carbon, sodium, calcium, iron, and several other elements—in a greater or less proportion, depending, of course, on the character of foods eaten.

Meat, when taken in excess, overstimulates the nervous system and brings on enervation. Albuminoid foods, either meat or vegetables, are tissue-making, and as a by-product of metabolism there is developed in the body a certain amount of uric acid.

When fasting, the tissues of the body are used as fuel, and from this process a small amount of uric acid is developed. I make this statement to show that uric acid is a natural product of man's metabolism, whether he eats or fasts, and there are no "uric-acid-free foods" except the carbohydrates and fats—sugar and fat; these foods are incapable of supporting life in a warm or temperate climate without the aid of albuminoids, and I doubt if the people in the arctic region can live long on an exclusively fat or oil food, notwithstanding we are told that these people live on oil.

URIC ACID

Believing, as I do, that uric acid is a natural product of albuminoid digestion, it is necessary to know the cause of an accumulation of a disease-producing amount of this excretion, if the physician is to have any success in treating rheumatism, catarrh, enlargement of tonsils, goiter, fibroid tumor, pneumonia, tuberculosis, and many other diseases that come from autotoxemia. It must not be forgotten that the autotoxemia I talk and write about is an all-inclusive term, meaning a general failure in elimination and more or less retention of all the elements of excretion. But there has grown about the subject of uric acid such an immense literature that professional and lay minds believe it is something entirely foreign to anything I mean when I write of autotoxemia.

TISSUE-BUILDING FOODS

Meat, fish, eggs, grains, beans, and peas, taken in excess, overstimulate; after overstimulation comes enervation, with deficient elimination. Here is where we get an accumulation of excretions, of which the most pronounced is uric acid. The advocates of the uric-acid theory believe that the excess of uric acid under such circumstances indicates that there has been too large an intake of uric-acid-bearing foods. This, as I stated in the last chapter, is a mistake. If it were not for checked elimination, the organism could throw off all that is ingested, as well as all that is manufactured in the system.

THE RESULT OF OVEREATING

People who eat an excessive amount of animal albuminoid, or animal and vegetable albuminoid, if young, will have gastric fevers, colds, catarrh, pimples, boils, diarrheas, headaches, throat diseases, rheumatism, ear, eye, and tooth diseases. The so-called infectious diseases are found to develop with this class of people more than any other. No one will have appendicitis who is not pronouncedly antotoxemic, and especially poisoned with uric acid. People in middle life, and up to seventy or seventy-five years of age, will develop urinary symptoms. The uric-acid-poisoned will be troubled with frequent urination, prostatitis, retention of urine in the form of carrying residual urine. Meat-eating and coffee-drinking cause much bladder discomfort in old people, and in those who are not old, but who are prematurely aged.

THOSE WHO HAVE NEURALGIA

It is the decidedly uric-acid-poisoned who have neuralgia and rheumatism, coughs, bronchial irritations, and tuberculosis. When these people are taught to find relief in drugs, they quickly form drug habits. Among this class are found the tobacco, coffee, and tea fiends; if they did not form these habits, they would probably eat more and force themselves into a fatal disease of the so-called infectious class—typhoid, pneumonia, rheumatism, catarrh of the stomach and intestines—gastric ulcer or cancer of some part of the body. Diabetes and Bright's disease should not be omitted.

We often read of tuberculosis subjects eating, on prescription, twelve to eighteen eggs a day, the eggs being but one item in a liberal dietary. Of course, these patients are not exercising or working; indeed, nothing is required of them except to breathe, eat, and sleep. Why doctors expect people to get well under such circumstances I do not know; such treatment given to a healthy man would kill him in a very short time. I can't account for death not taking place long before it does in these cases, unless it is because the enervation of the trophic centers is so complete that there is a suspension of nutrition, and inasmuch as there is little absorption of nutritive material, there can be but little to eliminate. These victims of medical error often live for several years, suspended between a killing amount of nutritive material on one hand, and a suspended nutrition on the other. Life, under these circumstances, is undoubtedly prolonged by the utilization of the carbohydrates and fats; and probably an atom of the great ocean of albumin ingested gets in with the sugar and fat, and prevents immediate starvation—the end that awaits all these stuffed-to-death patients. Without doubt, this blocking to the entrance of nutritive material is one of nature's conservative measures. It is this disposal of the food intake that causes the extravagant ideas, of both lay and professional people, about the amount of food that can and should be eaten; the only proof, however, is the fact that the food entered the stomach, but this is quite convincing to the child-mind that what was eaten was utilized by nutrition.

MEAT SHOULD NOT BE EATEN OFTENER THAN ONCE A DAY

After years of experience with sick people—I mean those with chronic diseases—I have proven to my own satisfaction that, when people are restored to health, if they desire to stay well, they must confine their meat-eating to once a day, and those who belong to the lymphatic temperament must either eat very little each day or limit their meat meals to three times a week. This depends, of course, on what other foods are eaten. If dry beans, nuts, whole-wheat bread, and dairy products are to be used daily, very little meat should be eaten—not more than once or twice a week, and then only on days when white bread or rice are eaten in place of whole-wheat bread or beans.

Meat is not an oxygenated food; hence, if eaten by those with what is known as sluggish liver and inefficient breathing power, fermentation is inevitable. Indeed, meat is not an ideal food for those of sedentary habits, or those who from lung disease or inactive life are shallow breathers. On the other hand, those who live out of doors—for instance, trappers or hunters—can consume large quantities with apparently little inconvenience. Indeed, exercise in the open air and living an outdoor life is almost an antidote to malnutrition. This is true in animal life; for as soon as they are housed up, chickens have the roup, hogs the cholera, and dogs the so-called rabies.

MEAT SHOULD BE EATEN WITH FRESH FRUITS AND SALADS

To obviate the detrimental effect of living in close houses and eating foods carrying but little oxygen, I insist on all my consultants eating all they can of fresh raw fruit or vegetables—fruit in the summer and vegetables in the winter. This rule is not arbitrarily enforced.

Meat should be accompanied with a large plate of combination salad. If the market will not furnish salad material, cabbage and onions can usually be shipped to almost any point inaccessible to all other vegetables. A slaw can be made by chopping together one part onion to seven parts cabbage; dress with salt and lemon juice when lemons can be had; when not, a small amount of cider vinegar. In out-of-the-way places—far in the mountains—only salt can be had; however, a good, wholesome appetite can take any food without even salt, and salt is seldom needed. Meat, combination salad, and cooked non-starchy vegetables make an ideal menu for a dinner; or fish, broiled or baked without grease, and dressed with butter and lemon or lime juice, eaten with a salad made by combining equal parts of crisp celery, lettuce, and fresh tomatoes or canned tomatoes; or a slaw of cabbage, celery, and canned tomatoes, dressed with salt, olive oil, and lemon juice. Eat all the fish desired, with a large plate of salad or slaw; and if eating is not contra-indicated by bad feelings, such a dinner can bring only good cheer. Such dinners may be preceded by a breakfast of white-flour biscuit, butter, and honey, with teakettle tea, or *coffee for those who use it.* For lunch, fruit, cream cheese, or buttermilk. Is there any danger of loading up with uric acid eating in this way? I should say not! On the other hand, those with a large supply of autotoxemia may expect to get rid of it by following this style of eating.

There is no way of cooking meat equal to broiling; meat prepared in this way will help digestion by stimulating gastric secretion; broiling is really the natural way to cook meat.

VEGETABLES, HOW TO COOK

Vegetables should be cooked in the simplest way. Prepare as usual, and put to cook in very little water—no more than enough to prevent burning, and no more than will be well evaporated by the time the vegetables are tender; positively no seasoning nor dressing until served; then add salt sparingly, and butter or cream.

In the place of meat, peas or navy or butter beans may be used. These foods carry proteid or vegetable albumin, and take the place of meat. Meat, however, is easier of digestion, and those people with great enervation, and assimilation almost gone, will have to be restored with meat, if they can be brought back at all. Such cases are often killed when they fall into the hands of those who are prejudiced against meat; for all other albuminoids make too great a tax on digestion. The average dietitian is so gross in his treatment of extreme types of nutritive enervation that he can be likened to a "bull in a china shop." Meat enervation must be corrected by the proper use of meat.

This might not be true of people who never eat meat; and when I say meat I include eggs and fish. I do not recognize those who eat eggs and dairy products as vegetarians.

HOW BEANS SHOULD BE COOKED

Dry beans and peas may be cooked as follows: Take the quantity desired of either beans or peas; wash and rinse; put to soak in water over night, and cook in the water they are soaked in until tender; then empty into a baking-pan, and bake until brown. When served, add salt and butter or cream. The beans or peas should be accompanied with a salad such as I have recommended for meat, except that the acid should be left out of the dressing where there is an inclination to have stomach trouble.

CURED MEATS NOT SO NUTRITIOUS

Salt, canned, and cured meats and fish are not so nutritious nor easy of digestion as the fresh meats; however, when eaten they should be combined with vegetables in the way recommended for fresh meats. It should not be forgotten that the cured meats are deprived of soda and potash in the curing; hence the vegetables that carry these elements should be more freely eaten than is necessary with fresh meat. Cabbage carries more potash and soda than other vegetables; beets, lettuce, celery, spinach, and a few others in daily use are rich in potash and soda.

FAT MEATS DEFICIENT

Fat meat is not possessed of tissue-building material; hence, when circumstances admit of no other meat, whole-wheat bread, corn bread, dry beans or peas, or peanuts should be used to make up for the albuminoid deficiency. The raw peanut may be cooked as recommended for beans and peas; for, in reality, it is closely allied to the navy bean in food properties. Cheese and milk may be used as an occasional substitute for meat and other albuminoids; when used with nuts and whole-wheat bread, the body is furnished with all the elements required for nutrition, especially when raw fruits and vegetables are added.

Nuts can be substituted for meat, but it will be necessary to use coarse bread with the nuts, to balance the albuminoid requirement. Bread for breakfast; nuts, with a combination salad, for dinner; and fruit for lunch. In winter, the sweet dry fruits.

General knowledge of foods and proper combinations, and a knowledge of when to eat and when not to eat, are some of the most important facts I wish to impart to my readers.

CHAPTER XVI

IMPORTANCE OF WATER

IN MY last chapter on "Food" I stated that sugar and fat are the only uric-acid-free foods. I should add water and starch; but, as pure starch is seldom, or never, used as a food, it need not be considered. The starch found on the table is in the form of bread or some kind of cereal food, potatoes, beans, and peas. All the other vegetables carry more or less starch, but it suits my convenience to list them under the head of non-starchy vegetables. As for water, our bodies are made up of three-fourths of this element; hence a properly balanced dietary will consist of three-fourths water. An exception must, however, be made to this rule, for people of excessive weight—the obese—must be limited in the amount of fluids taken into their bodies. No hard-and-fast lines can be drawn; for if there is a decidedly autotoxemic state, an exclusive water diet may be necessary to wash out the system and give physiological rest. If the heart and kidneys are weak (and they usually are in obese subjects), there will be more or less dropsical effusion. Such subjects often lose fifteen pounds the first week on a water or fruit fast. Those who are gouty or rheumatic, or troubled with stone in the gall-bladder or kidneys, or who have hardening of the arteries, should eat very little until fully relieved; then, ever afterwards, be very careful to avoid foods made from cereals, except white bread, and partake of that not oftener than once a day, with milk only; this is a bread-and-milk meal; fruit, cheese, and milk for another meal; and combination vegetable salads, with cooked non-starchy vegetables, for a third meal; avoiding yeast bread, sugar, coffee, tea, chocolate, cocoa, and alcoholics.

LIGHT-WEIGHT PEOPLE SHOULD USE MORE WATER

On the other hand, many people are below the normal weight standard. These must take more water; and they need to rest more. If practicable, they should take the rest cure: go to bed, and stay there until relaxed and poised. The diet should be bread (toasted), butter, and whole milk for two meals a day; sweet fruits, milk, and cheese for one meal. A hot bath, followed by a cold sponge bath and a thorough dry-towel rubbing, should be taken every other night; an olive-oil rubbing for the entire body the alternate evenings.

Notwithstanding the fact that our bodies are made up of, probably, five times as much sugar, fat, and water as all other elements combined, life cannot be continued so long on these food elements, as an exclusive diet, as it could be with a combination of all the other food elements exclusively. Such a statement as this is impracticable, because it is impossible of demonstration and amounts to idle talk; for more or less water is taken into the body by breathing, and as an ingredient of other foods. Oxygen and hydrogen are combined, when the need is urgent, and made into water, within our bodies.

Sugar, fat, and water used to excess cause such diseases as catarrh, diabetes, and obesity. Then, when animal food is added, septic diseases are in line for possible development.

First of all, before any disease can develop, resistance must be broken; after which bad or unusual food combinations, or extraordinary environmental changes, business reverses, etc., develop any kind of disease that the individual is predisposed to take.

Holidays often prove the last *coup* necessary to end life.

Those who tax nutrition to the limit of their resistance, and are having "bilious spells," headaches, or periodic attacks of short sicknesses, get to the point where only one more midnight supper, oyster cocktail, Welsh rarebit, chile lunch, or debauch of any degree, is necessary to precipitate a pneumonia; a bronchial irritation, the cough of which may rupture an already degenerated heart wall; or mayhap send a kidney irritation into a Bright's disease, or a pulmonary adenitis into a hopeless attack of tuberculosis.

The usual dietary abominations of the holiday season kill off many whose reform has been postponed for just one more small, or one more large, indiscretion—good time, debauch, or whatever provincialism fits the case.

An individual whose resistance is worn to a feather edge, but whose rotundity spells health to people who look upon obesity as an ideal health standard, may, for Thanksgiving or Christmas, partake of an unusual amount of nitrogenous foods, and, because of the contagiousness of the germ of celebration that fills the atmosphere, he will load up on candy and sweets of every variety; then, *to aid digestion*, take freely of alcoholics; or, if he is on the water wagon, he may take cocoa, chocolate, tea, or coffee; and of all this hodgepodge there may be just enough, and combined in just the right proportion, to generate a sufficient amount of oxalic acid to cause rheumatic arthritis, or possibly enough ptomain to kill him. There are not so many sudden deaths brought on by holiday debauching as there are acute diseases built, and foundations laid for chronic diseases.

Those are the days of all days that start many people on the road to physical and mental destruction. Many men date their first drink, or other style of debauching, back to a Thanksgiving or the day when *Christ is celebrated.* Many women, who have gone and are going the pace, faced their first indiscretion while enjoying the license of a *sacred* holiday. The discerning should see the *rapport* that exists between the spirituality of worship and the spirituality of debauchery. Whatever the obsession or dispossession, or whatever the mental state, of those who are drunk on grace, or meat and wine, the end is the same—namely, debauchery. Opportunity is often all that is necessary for the victims to celebrate their happiness in any way; for to them, and *for the time being, no act can be other than service, and of course sacred!* Many are the victims who wake up, the morning following feast-days, to find their virtue in ashes, despite their erstwhile belief that they were *en rapport* with the good and divine; but instead it was found that wine, or perhaps nothing more than the mysterious influence of Aphrodite, was egging them on to an ill-timed cosmic urge.

CANDY-EATING HABIT

The sugar- or candy-eating habit is often started at holiday celebrations. An excessive use of sugar establishes an acid state of the system, after which the teeth become sensitive and will melt down or go into a state of early decay. Children become fat. Babies are said to be big and fine because they are rolled up in fat. The parents must acknowledge, however, that their nice little rolly-pollies are clumsy, awkward, and helpless, so far as using their bodies is concerned (this is never seen in children properly cared for before and after birth); that they teeth slowly, and make much complaint with the cutting of every tooth; that they do not stand hot weather well; and that many die from cholera infantum, for they have no power of resistance, and the acidity peculiar to sugar-poisoning is added to by the fermentation forced on other foods by the hot weather. The combination of enervation caused by the heat of summer and from sugar-poisoning, and the overstimulation from fermentation of milk, due to hot weather, overpowers these little folk and causes death to many.

Babies get their sugar by being fed artificial food with sugar in it, or sugar water; by combining cracker and sugar into the construction of a sugar teat; or mothers eat candy, or foods containing sugar. Nurses frequently start new-born babies on sugar water. And from such beginnings sugar fiends evolve.

BLADDER WEAKNESS CAUSED BY SUGAR

The excessive use of sugar is the cause of much bladder weakness in children. Many are forced into polyuria; they are wet from urine all the time, and their beds are "soaked" every night. Some mothers are so ignorant as to punish little children for frequent urination. Many teachers in public schools do not know that there are a few children who need to go to the closet every hour, and sometimes oftener; and, instead of trying to understand the children's plight, and treating them accordingly, they force these little unfortunates to write their names on the blackboard every time they go out; or they are refused permission to go. The result of having them put their names on the blackboard is that they advertise their frequent urination to the school, which is humiliating.

Teachers should know that such a state in a child is due to digestive trouble, and they should see, or send word to, the parents, calling their attention to their children's disease.

The candy shop that is located *across the street from every school building* should be legislated out of existence. It is a greater menace to any community than the saloon. The cake shop is no better; they both are disease-builders.

A CAUSE OF SO-CALLED INFECTIOUS DISEASES

Our health boards will be menaces to the public until the doctors connected with them learn to know the true cause of the so-called infectious diseases; until they learn to know the enervating influence of sugar, and foods containing sugar, on children, and that the acid state of school children is due to this style of eating; that turkey dinners or meat-eating, when children are in this state, will precipitate an endemic of scarlet fever, diphtheria, tonsilitis, measles, whooping-cough, kidney disease, gastric fever, rheumatism, and pneumonia or other lung troubles. The atmosphere and school environment lend an influence as well as the homes of the children.

EPIDEMICS IN SCHOOLS AND THEIR CAUSE

He who runs may read the fact that epidemics in schools follow Thanksgiving and other feast-days. Children are broken down by their daily bad habits, and all that is necessary to cause most of them to get sick is unusual weather, or a feast-day; then so many fall sick at the same time that the hobgoblins—contagion, germs, vaccination, unreasonable quarantine—cause much enervation to the healthy portion of the community, because of the scare talk, and the advertising made general about the *great danger of the epidemic* that is sweeping the city. May the God of the Jews have mercy on such an abnormal conception of caring for disease influence!

In writing of the influence of overeating on starchy foods, I stated that the habit produced an acid state which brought on the same diseases that follow overeating on sugar. This will not seem strange when the chemical constituents are understood; for starch is made up of $C_6H_{10}O_5$, cane sugar of $C_{12}H_{22}O_{11}$, and glucose (grape sugar or starch sugar) of $C_6H_{12}O_6$. Perhaps it will interest laymen to know that the chemical formula for alcohol is C_2H_6O. A good whiskey should contain from forty-five to fifty per cent alcohol. Physicians generally recognize alcoholics as a cause of gout and rheumatism; yet they do not appear to be able to recognize the fact that sugar and bread, or decidedly starchy foods, can and do produce rheumatism in the adult, and embryonic rheumatism in children. What do I recognize as embryonic rheumatism? Tonsilitis, the gastritis of children, *and all their skin diseases.* This is rank heresy, but heresy has the habit of becoming established doctrine in this strangely and uniquely capricious world.

HOW TO CONTROL CHILDREN'S DISEASES

I say that the so-called children's contagious diseases would come to an end if it were possible to control the eating that reduces the normal alkalinity of the blood; but so long as bread or starch remains the staff of life, and sugar is consumed, in the United States, at the rate of eighty pounds *per capita per annum*, and alcoholics are manufactured at the rate of one hundred and fifty to two hundred gallons *per capita per annum*, there is no hope. Children are fed sugar, before and after birth, through the mothers' blood and milk; for many mothers overeat on candy all the time, nearly all of them saturate their bodies with acid from starch-poisoning, and not a few from alcoholics. Fathers do the same. The malignancy of these diseases can be controlled through better civic and domestic sanitation, along with the present high price of meat. Placing an oversupply of animal foods out of reach of the masses has a tendency to ameliorate the severity of all diseases, by removing the source of septic infection. It will be said: Why advocate the use of meat at all, if it has such an influence? My answer is: We can't give up travel by rail or ship because of the danger in such travel; we can't give up education because of the fools it makes; we can't give up food because many kill themselves with it. The better the food, the greater the care necessary in using it. Starch and sugar belong to the important foods; we need to know how to use them, not to discard them.

CHILDREN AND ADULTS AFFECTED DIFFERENTLY

Reducing the alkalinity of the blood favors the development of the exanthematous diseases (the eruptive diseases). The causes that lead to the so-called contagious diseases of childhood manifest in other ways in adult life. Smallpox appears to be a partial exception to this rule. To illustrate my meaning: A state of the system that in childhood manifests as tonsilitis, gastric fever, and eruptive fevers, manifests in adult life as goiter, colitis, prostatitis, gout, rheumatism, stone in the gall-bladder and kidneys, headaches, tumors, etc. As proof I offer the fact that a dietary and care that restore the alkalinity of the blood completely immunize both children and adults from these and other diseases; and, conversely, those who live in a way to keep the blood alkalinity reduced much below the normal standard are permanently in the invalid class, and will remain there until death, the great restorer, puts them beyond the jurisdiction of our mundane health courts.

I meet people daily whose blood alkalinity is reduced—whose blood has lost is physiological equilibrium—and many have doleful tales to tell of their experiences with doctors and surgeons. They not infrequently tell of an intimate acquaintance with at least fifteen to twenty-five doctors. They have been doped, doped, doped; then cut, cut, cut; and, with all the guessing, there are still guesses coming even after the last—which is, that if the veterans of many scars in as many medical battles will go west, east, north, south, or in any direction opposite the one occupied, they will surely find health! But do they? No; and those making the prescription do not believe they will. Such prescriptions are professional subterfuges; they save the doctor the humiliation of acknowledging his defeat. But such quibbling and equivocation often add financial ruin to lost health. Because Denver is somewhat of a Mecca for those looking for health, I see many who are ruined in mind, body, and health because of medical avarice, ignorance, and stupidity. This could not be, however, if laymen were not so gullible; and, to overcome gullibility, they should read more. Indeed, I sometimes think there is a real 'phobia—at least, an antipathy—for books, felt by the masses; and so long as people are willing to stay unenlightened on the subject of knowing how to possess health, they must go chasing cures until bankrupt in every way.

After those who are made invalids by a reduced alkalinity of the blood have been doped and operated upon for a certain length of time, they cease to be susceptible to that variety of therapeutic suggestion. Then it is that the regular physician discovers that his patients belong to the *neurasthenic class—and, of course, they can't be cured!* What a splendid diagnosis this would be, if it were discovered before the knife and dope had almost, if not quite, rendered such a diagnosis inevitable!

In early life the nervous system remains intact, and can throw off disease more readily and rapidly than in after-life. The acid-building foods gradually reduce or use up nerve energy. At first the rebellion is fierce, and much excretion is thrown off by way of the skin. This accounts for so much surface manifestation in the diseases of children. During a scarlet-fever epidemic, adults who are in line for the disease develop an angina (scarlatina sore throat); they seldom develop the rash, or show a skin complication. Children born of old parents—those who inherit old age—I have noticed, escape the severe types of the eruptive fevers, and are more inclined to have rheumatism than the various sore throats and rashes of childhood.

After enervation is established, from years of wrong eating and other bad habits, the capillary circulation in the skin becomes so impaired that it is converted into a storehouse for waste products; the mucous membranes undertake to do vicarious work for the skin, and it is then that we say catarrh is developed.

SWEET FRUITS AS A SUBSTITUTE FOR SUGAR

Sugar is food, and is needed; but cane sugar is chemically more complex than other sugars; hence, more unstable; and, when eaten, more readily changes into acid. The sweet fruits should be substituted for cane sugar and the candy made from it. Raisins are the best of the three sweet fruits I usually recommend for winter use—namely: raisins, dates, and figs. They should be picked off the stem and washed thoroughly with hot water, and then put in a cullender to drain. This process softens the fruit and brings out the flavor. For children who can't chew, or can't be induced to chew, the raisins may be stewed, and rubbed through a fine-wire sieve to remove the seeds. Take equal parts of raisins, prepared in this way, and freshly made cottage cheese; add cream, and mix. This mixture may be eaten with raw fruits—apples, California grapes, or winter pears—and followed with a glass of milk. This combination makes a splendid noonday meal for children who are not on the breast, or who are bottle-fed.

Why not eat this raisin-and-cottage-cheese mixture with bread? Because fermentation is almost sure to follow, and, if perfect health is desired, such mixtures—such combinations—must be avoided. Of course, children are fed such combinations, and perhaps worse ones, and do not drop dead—which is about the only result from wrong feeding that could arrest the attention of the average doctor and layman, on account of the general lack of development of the observing faculties or sense-perceptions. But those who would avoid building a blood derangement in children that must be satisfied by frequent attacks of disease—fevers for burning up and destroying accumulated debris—must feed carefully, and avoid mixtures that build slowly, but surely, future troubles.

CHAPTER XVII

WHAT IS LIFE?

WHAT is life? If it isn't the sum of correlated forces, I have no conception of what it is.

In the warm-blooded animals, heat is set free whether they are active or passive. The origin of animal heat is combustion. The juice of fruit ferments, producing heat. Grain put in water or moist earth ferments, producing heat.

The food that supports our bodies furnishes heat.

Sugar is perhaps more quickly available for the purpose than any other food. It is doubtful if sugar *per se*, in any form, is the best heating food for man—it is just possible that it is too easily converted into energy. For it is a law of life that we must exercise; that we must earn our bread—our sustenance—by the sweat of our brow. I am convinced that labor is necessary to health; not only labor for our bodies, in earning a living, but labor for our organs in the process of digestion. Sugar is conducive to sluggishness, and favors oxygen starvation.

To preserve the teeth, they must labor. It is far better for them to be compelled to grind grain, thereby securing the starch out of which sugar is formed, than to eat soft bread or porridge, or to eat sugar, candy, or even the sweet fruits, such as raisins, dates, and figs. The latter foods, especially cane sugar, soon show their detrimental influence on the teeth.

Today, humanity has lost the power of extracting nourishment from grain. A large per cent of the people would starve, or be made sick unto death, by being forced to live on uncooked starchy foods. We have lost the power to grind the grain, and there is a like loss of power on the part of the digestive secretions.

DEXTRINIZED STARCH

Today, starch must be dextrinized—bread must be toasted; and now there is a tendency to supplant dextrinized starch with sugar. Sweets of all kinds are used; and, as stated in a previous chapter, eighty pounds of sugar are consumed *per capita, per annum*, by Americans. As a result of this form of diet, America has more, and finer, dentists than any other country in the world. America has more sickness and hospitals than any other country; and, of course, more doctors and surgeons; more criminals and penitentiaries; and, neither last nor least, more insane.

Those who do not injure themselves in eating refined foods—such as the finest white flour, made too often into bad bread, cakes, and pastry; also sugar and candy—are prone to eat meat, bread, potatoes, beans, and coffee three times a day, neglecting fresh fruit, and raw and cooked non-starchy vegetables. Either of these styles of eating builds disease and early death.

I BELIEVE IN ALL FOODS

As I have stated before, I believe in all foods. And it is a duty man owes himself to learn to eat, in the best combinations, the foods of all countries—at least all the countries in which he is liable to travel.

Not much attention is paid to eating foods in their seasons. And we do not know much about the evils coming from eating tropical fruits in cold countries, and *vice versa*. Evil, however, it must be; and it is to be hoped the day will come soon when we shall know something about it.

Sugar, ice-cream, and confections are artificially prepared tropical foods; and we do know a little of the injurious effects of eating of these foods too freely—namely, early breaking-down of the teeth; catarrhal inflammation of mucous membranes; the diseases of children; rheumatism; obesity; arthritis, and bladder troubles. Sugar excites or stimulates the brain, which, in time, weakens it; and, with the aid of other brain stimulants, will cause functional, and in time organic, degeneration. In children, the excessive use of sweets causes irritability and incorrigibility.

If alcohol affects the brain and liver, why will not sugar?

For the action of sugar and carbonic acid in the body, I cannot do better than to quote from Julius Hensel's book, translated by Professor Louis H. Tafel, of Urbana University, Ohio:

QUOTATION FROM JULIUS HENSEL

Sugar consists of two equivalents of carbonic acid and four of a hydrocarbon, united with two of water, and is in fact a group which has been formed, by the action of sunlight, from carbonic acid and water, with the liberation of hydrogen peroxide. It follows that sugar is a compound of "tension material," forming a whole from the contact of its opposing elements, oxygen and hydrogen. The chemical tension existing in it is a minute fraction of original electricity—of metamorphosed and accumulated sunlight. We thus understand how it is that alcohol and carbonic acid remain united as sugar only so long as the electric force which holds them together is not lost. But they fall asunder as soon as they are deprived of it by a substance which requires force and material for organic growth, as, for example, in the case of the yeast cells, which require for building their simple forms not only carbonic acid, but also withdraw, from the vegetable albumen of the grape juice, nitrogenous glycocoll. As the yeast cells require force (electricity) for acquiring this new material, they withdraw it from the defenseless grape-juice albumen, which has been set free from the cell-walls. The separation thus commenced has an effect similar to that of breaking off a splinter from a pane of glass; the result is a continuous general splitting-up. In saccharine grape juice the electrical transference becomes apparent through the carbonic acid liberated from its electrical tension with alcohol which takes the gaseous form. In other words, the fermentation of wine teaches us the highly important fact that the removal of carbonic acid and electricity from sugar gives rise to its chemical decomposition, and that, when this decomposition commences, that amount of electricity which is not employed in building up a new organism assumes an altered form and manifests itself as heat which can be measured on the thermometer. Thus the decomposition of the sugar gives rise to a liberation of forces, which compels us to regard the undecomposed sugar as a magazine of tensional energy.

This fact, which is now universally recognized, was, as far as I am aware, first pointed out by the physiologist Hermann. The strange point about the matter is that the chemists and physiologists have hitherto neglected to build further on this fundamental fact.

As it may be proved that the animal kingdom has no other source of energy than the sugar which the rays of the sun have built up in plants, it is conceivable that a rapid decomposition or loss of the substances produced from sugar must give rise to fever, sickness, and death.

The occurrence of fever heat is comparable to the production of warmth in the mash tub due to the fermentation of sugar, and this comparison is fully shown by the fact that in fever a much greater amount of urea is found in the secretions, which points plainly to an intense decomposition of albumen.

But in what way does the vital force display itself under normal conditions?

Since we are quite certain that all cases of motion on earth are ultimately due to solar electricity, the effect of which is visible in the water vapor which it raises, as in the descending drops of rain, and which causes the tree to grow and combines the albumen indispensable to the animal creation, it is consequently plain that the decomposition of albumen must again set the solar force at liberty, in a way similar to that in which the falling water turns the mill wheel, as the total of the effective force produced by the water in its descent corresponds, according to the law of correlation of physical forces, to the amount of solar heat which was required to elevate the water in the form of vapor.

The same thing is true of these chemical combinations, which in being dissolved liberate physical force. For instance, the carbonic acid condensed in carbonate of lime, when set free by replacement by hydrochloric acid, is, when freed from its tension, capable of raising the gas-holder. It can, however, as in the case of the burning of lime, be as well driven out by heat. And what may be done by heat may also be done by electricity. These forms of energy so imperceptibly pass into one another that it is impossible to draw a hard and fast line between them.

Continuing the consideration of carbonic acid, and regarding the separation of it from chemical combinations as a setting-free of a source of energy or motion, we find that the obscurity in which the nervous life of fishes and other aquatic animals has hitherto been involved is dissipated; for we may observe how sardines, herrings, carps, catfish, sturgeons, and the water mammals, the seal and the whale, give proof of a much more intense and enduring power of motion under water than could be explained as the mechanical equivalent of the small amount of oxygen which is contained in the water. In aquariums it may be seen for what an extraordinary length of time the fish remain under water without rising to the surface in search of air. In place of this, bubbles of carbonic acid rise, nevertheless, from their mouths and gills. And as we may further observe that the numerous aquatic animals mentioned collect considerable accretions of fat, which originate chemically through the splitting-off of carbonic acid and water from sugar, we are obliged to acknowledge that the considerable accumulations of substance which aquatic animals—the oyster not excepted—display, owe their origin to the chemical separation of carbonic acid and water from the nutriment which they absorb.

Similarly to the movements of aquatic animals, the excretions of force on our part are necessarily dependent on a constant splitting-up of tissue, with a corresponding redintegration, so that a regular disintegration of the material at our command—namely, albumen—seems indispensably necessary to the manifestation of our vital force.

The *orderly* way in which this chemical disintegration takes place is by *respiration*, by means of which oxygen gas is chemically combined, while other gases are set free in proportion as the chemical combustion proceeds. From this point of view it may be seen that we possess in the albumen of the blood—which is composed of adjacent groups of 18 grape sugar and 18 gelatine sugar, together with earthy substances—a rich magazine of combustible material, and consequently of electrical tension material. Healthy blood albumen represents a reserve capital—a storehouse of current coin.

What a sum of enjoyment may we buy therewith, if we proceed wisely—if we act with economy, and neither allow our treasure to harden behind bolts and bars, nor squander it like the foolish spendthrift and, imagining our wealth to be inexhaustible, set it afire with incendiary torch, or, through the hallucination that we can make ourselves poison-proof by the use of poison, become veritable suicides!

We may remain rich, if we make up for the daily consumption which is required to supply our energy, by suitable meals, so as to preserve our solvency. But how utterly poor we may in a short space of time become, if nothing but expenditure takes place, without any fresh supply being provided, or when a violent inroad on our resources takes place, as in cases of hemorrhage, or when total bankruptcy, as in the case of attack by cholera, compels us to put all our assets into liquidation and make up the deficit with our lives!

The advantage we derive from our blood albumen can, through want of knowledge or carelessness, be so reduced that we have scarcely any enjoyment therefrom; but, at the same time, even a *limited* capital can be made to yield so much interest that we fully enjoy our earthly happiness, and may take up the sweet exertion of breathing in both bodily and mental health for a long period of time. The important point is that the respiration should take place quietly and with regularity, and a sure and regular replacement of the material consumed in respiration will then take place. This regular substitution of material is, of course, a condition on which the existence of the individual depends; for, according to the doctrine of the correlation of forces, our nerve substance cannot become active without a loss taking place through the combination of the carbon and hydrogen of our nerve oil with the oxygen of the respired air to form water and carbonic acid, which pass off as such, diminishing the stock of nerve oil in the manner of a burning candle. It is consequently plain, first, that the substance used up must be renewed with a certain degree of regularity, and, indeed, from the fatty contents of the lymph vessels, which follow the nerves everywhere, as has been anatomically provided. Secondly, it follows that, at the moment when the combustion of the nerve oil in the oxygen carried to it by the blood is impeded, our life's light must necessarily be extinguished, and that it can only flicker unsteadily whenever the supply of air is inadequate.

The amount of nervous activity finds expression in a definite quantity of products of combustion which form the driving force. In this respect our organization resembles an apparatus for producing steam for motive power. The same holds true of the brain substance, the oily constituents of which are also liable to consumption. And the offshoots of the brain substance are similarly situated, more especially the pneumogastric nerve, which sends out branches to the lungs, stomach, liver, spleen, pancreas, and kidneys, so that these organs are in direct connection with the functions of the brain. This is proved by enlargement of the liver after serious vexation; want of appetite due to trouble, grief, and cares; micturition from fright, anguish, and terror; enlargement of the spleen from breathing rarefied hot air, deficient in oxygen, in the tropics, or through non-absorption of oxygen owing to anemia and chlorosis. On the other hand, we have from imperfect respiration, owing to sedentary employment, palpitation of the heart, depression, want of energy and self-reliance, nervousness, cowardice, melancholy, spleen, and hypochondria, as the result of an inadequate supply of blood to the liver, stomach, spleen, and other abdominal organs.

Ability to work and pleasure in activity are in the main due to the abundant breathing of pure air, rich in oxygen. Then the appetite is good and the digestion satisfactory, owing to the secretion of the normal digestive secretions (gall, pancreatic juice, gastric juice, enteric juice). All the glands work properly and the excretions are normal. Happiness, eloquence, communicativeness, pleasure in art and music, impulse toward action, consideration for our fellow-men, are the result.

On the other hand, inadequate respiration is the cause of nearly all the ills, both bodily and mental, to which the flesh is heir.

Sugar, if used to excess, will produce anemia; and when the supply of red blood is diminished, oxygen starvation takes place. The enervation produced by the excessive use of sugar further inhibits lung action by removing the desire, as well as the ability, to exercise. It requires very little reasoning power to arrive at the conclusion, after those facts are presented, that the excessive use of sugar favors the development of lung diseases, such as tuberculosis, bronchitis, pneumonia, and asthma.

Asthmatics should eat very little, if any, cane sugar. The sweet fruits—such as sweet prunes, raisins, dates, and figs—should be eaten of very sparingly; and if the lung disease is obstinate and unyielding, these foods should be refused entirely until it is much better.

DRY AND FRESH FRUIT

The dry or cured fruits, apples or any other fresh fruit, with American cream cheese and milk, make an excellent lunch for people in good health. And it is my judgment that once a day is quite as often as the sweet fruits should be eaten. Other fruits may be eaten without sugar as often as desired, at meal-time only, and in proper combinations, except in very cold weather. When the temperature is ten or more degrees below zero, fresh fruit should be left out of the dietary, unless there are no vegetables. Under such circumstances, apples (raw or cooked), or other fresh fruits, may be eaten with meat. Where there is an absence of fresh fruit and vegetables, lemons may be used; their juice should be taken at fish or meat meals. Dried or canned fruit should be eaten when fresh fruit and vegetables cannot be procured. If the dried fruit is thoroughly cleansed with hot water, it may be eaten without cooking, and surely without sugar. Of course, starchy foods are not to be eaten with meat, or fruit, if the desire is to eat in a way to secure and maintain dependable health.

WHEN TO EAT CANDY

When candy is desired by those who can eat it—those in good health—it may be eaten, at the noon or night meal-time, and followed with a pint of milk, *as a meal;* or it may be eaten with fruit. Jellies, jams, preserves, and marmalades may be eaten with cream, half-milk, and followed with a glass or two of sweet or clabber milk; also an ounce or two of cheese. Candy and sweet fruit should not be eaten with bread. And it is best not to eat bread the same day that candy is eaten. When those in good health eat too much candy, preserved fruits, raisins, figs, and dates, they bring on torpor of the liver.

A lunch of sweet fruit, milk, and cheese may be preceded by a breakfast of biscuit, butter, honey, and milk, or hot water. When fresh fruit of any kind, cheese, and milk are to be eaten for lunch, honey may be eaten, with biscuit and butter, for breakfast.

In extreme cases of malnutrition, where the patient is much under weight and distressed with stomach symptoms, sugar must be tabooed, and probably the sweet fruits. If there is a failure to get a response to treatment, in a reasonable time, while using raisins, dates, or figs, these foods should be left out. Meat, broth, and salads act more kindly in stomach derangements than bread. Only toasted, non-yeast bread should be used. Occasionally a potato with butter, followed with milk, will be taken kindly, when the acute stomach symptoms have subsided; but care must be exercised not to overwork the digestive powers.

PYORRHEA: ITS CAUSE

Pyorrhea appears to mystify the profession as to its cause. Sugar-eating, and taking calomel to correct the *liver torpor* produced by it, bring on chronic ulceration of the gums.

If *mercury* must be given for *biliousness*, or for syphilis, or for any imagined need, all kinds of sweets, especially cane sugar and the foods into which it enters as an ingredient, should be proscribed.

Where sweets have been used to a large extent, before mercury is given, the system should be cleared of the acid created by the sweet foods. If this is neglected, look out for pyorrhea, ulceration of glands, and the terrible symptoms pointed out by syphilologists.

The following I quote from Gibson's valuable book on "Sugar and Salt":*

THE PLACE OF SUGAR IN THE HYGIENIC BILL-OF-FARE

On the basis of the foregoing, it becomes easier to realize the true character and value of sugar as a product of *extraction*. As a quickly assimilable substance, sugar may even in its extracted form be a valuable source of energy for the system. Wisely combined—or, better still, not combined at all—sugar is more readily converted into heat, fat, and energy than any other known foodstuff. Taken in its natural, unextracted form, such as carrot, beet, turnip, etc., it enters by two steps the field of absorption: conversion into dextrine, through salivation, and into dextrose, through intestinal digestion. This makes it ready for systemic absorption and utilization in terms of energy, heat, and fat; the latter, however, involving further and more complex processes in the chemistry of nutrition. Sugar is an evolution of starch in the vegetable kingdom of fruits. Hence a piece of free sugar—whether extracted in the human stomach, from a baked potato, a corn muffin, or a carrot; or extracted in a sugar factory from the sugar cane or beet—involves principally the same processes: the dextrinization of starch into sugar.

So far, so good. The system accepts the output of the sugar factory with apparently the same readiness and utility as the output of her own gastric industry. A lump of sugar from one of the Jamaica cane-sugar refineries is converted into heat and muscular energy with the same practical result, and followed by the same stimulation of the system, as a measure of glycogen poured by the liver into the stream of nutrition. The difference is not so much to be found in the facts of its manufacture as in the facts of its combination with other foodstuffs of the daily diet.

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* "Sugar and Salt—Foods or Poisons." By Axel Emil Gibson. Published by Will A. Kistler Company, Printers, Los Angeles, Cal.

This is a valuable little book of 130 pages.

It being such an easy matter for people to misunderstand me, I wish to say that, in indorsing this book, I do not indorse Dr. Gibson's manner of prescribing the sweets—namely, to be eaten *between meals. Sugar is a food, and should be eaten at meal-time or as a meal, with fruit and milk.*

Hence a stick of pure candy, or a lump of plain sugar—if enjoyed at a time when the stomach is empty, and no fermentation of other foods possible—may not only be harmless to the normal and healthy stomach, but even be of great value in moments of exhaustion, owing to its quickly available sources of energy. The same may be said of the enjoyment of ice-cream. If pure, and taken when the stomach is empty, ice-cream may be a most congenial and effective form of light nourishment to the healthy and nerve-strong—at once cooling and refreshing to the blood, and stimulating to the nerves and muscles.

But this advantage is entirely lost the moment when, in one form or another, we use sweets as the major ingredient in elaborate food mixtures, or at the end of a dinner, when the stomach is already overtaxed and in the stress of a laborious digestion. The unavoidable fermentation, due to the action of the sugar on the incongruous mass, will subvert the gastric process from a field of digestion into a field of decomposition. And here is where the force of motive, as applied to diet, has a life-and-death wielding significance. For the question which in this relation is all-important lies in its ruling motive—whether we employ sweets as a means of strength and utility, or merely for the gratification of an abnormal, uncontrolled, purposeless, and reasonless craving for sweets, mostly to the menace of health, strength, and usefulness.

To be safe in employing free sugar as a means of food, another fact must be considered—the fact of quantity, excess. Even if the combinations are guarded, the introduction into the system of more sugar than the system can assimilate means eventual physiological disaster. If cane sugar is not assimilated (and, when used to excess, assimilation must always be faulty), it passes unchanged through the kidneys and remains in the system as a poison. The complications arising from such a course of malnutrition not only require an extra amount of work by the system, but demand the vitally exhaustive secretions of certain "defensive ferments," to serve as a "body guard" for the isolation and deportation of poisons afloat in the circulation. Hence, so far from being a source or means of energy, sugar under such conditions becomes a factor of decay and degeneracy. On the other hand, the degree of digestibility of pure sugar, when consumed in moderate quantities, and guarded from admixtures with other foodstuffs, especially starches and proteids, is very great, amounting in the healthy stomach to over ninety per cent. However, it must be recognized that it is this high nutritional percentage of the sugar that renders its admixture with nitrogenous substances dangerous, as the readiness of the sugar to be assimilated retards the assimilation of the heavier proteids, such as beans, peas, meats, lentils, etc., which in consequence are retained in the system—unused and unusable—to be treated and disposed of as poisonous waste.

Guided by these facts, we are more capable of determining the true position of sugar, both as to quality and quantity, in our daily diet. Its power to retard, and even to arrest, the digestion of proteids and starches should give us a reliable clue as to conditions making sugar a safe and healthful part of our foodstuffs. Its work in the body is to release muscular energy, and to give explosive force to functional levers. It is this character of being a mere extract that renders sugar incapable in any direct way of mending a single muscle. On the contrary, if used in excess, it may not only burn up the muscle by the very explosiveness of its liberated energy, but even cause to be retarded the assimilation of the very substances, the proteids, whose function is to generate and repair muscular tissue.

CRITICISED FOR BEING A MATERIALIST

I am frequently criticised for being so materialistic—because I place so much importance on food. My friends of the *immaterial school of thought* declare that mental attitude is everything. But I can't see it. Of course, I recognize the truth that mind creates disease. I recognize that medical science as practiced today builds a world of adverse suggestion which is directly the cause of much disease, suffering, and death. But we see disease in animate and in inanimate nature. We see people developing disease without thought or knowledge of it, until, when discovered, it is too far advanced to be cured.

We live, and grow from what we eat. If good or bad fruit, grain, and animals are grown from good or bad soil or food, then why is not man subject to the same restrictions and laws?

We know that man's body is influenced, for good or bad, by his environment. And we know that when he is deprived of certain elements, he languishes, sickens, and dies. His teeth, bone, hair, and nails are good or bad, depending upon whether or not he secures the proper elements for the building of these organs.

As surely as the type of knowledge one has depends on the experience he has been fed upon, so surely does his body depend upon what it is fed.

Look at the national types. An Irishman looks the Irishman that he is. The Dutchman and German look their types. The Chinese and Japanese look their respective types. Send one, of either country, globe-trotting for twenty-five years, and when he returns to his native land he will look, to the home folk, like a foreigner. The foods that he has eaten, both of a physical and mental character, have changed his physical and mental appearance.

To those few friends of mine who think I am too materialistic—that I place too much stress on food, and not enough upon mind—I will say: I try not to forget the dual nature of man; but this duality, from my standpoint, is in reality but one state. Matter and mind represent to me two extremes of the same thing. Mind is refined matter.

When this conception of matter and mind becomes a general belief, there will be an opportunity for rationalism. People will not look upon mind as a something—an entity—apart from the body, and aloof or free from such a common influence as food.

Then people can be taught that the better care they take of their bodies, the better minds they will have.

The shape of the body is determined by the food eaten, and the shape of the body determines the character of the functioning; and, as the mind is a function, it behooves us all to acquire the best-constructed body possible, so that we may mature the best possible mind.

THE CAUSE OF FORM

The difference between the shape and food qualities of vegetables consists of a few atoms more, or a few atoms less, of given elements. The difference between the shape and products of the vine and those of the currant bush is largely a matter of chemical composition. It is said that the currant is wanting in chlorine, while this is present in the grape.

As chlorine is an antidote to decomposition, grapes would be an excellent addition to a vegetable salad to be eaten at a meat or fish meal; that is my reason for insisting on raw fruits or vegetable salads being eaten with meat and fish.

There is as much difference in the shape of the vine and the currant bush as there is between the grape and currant fruit. As this is a matter of chemistry, is there any good reason for not believing that the shape of man's body and its fruitage (the mind) is also a matter of chemistry? Of course, there are environmental influences that must affect growth and maturation; but these influences should be recognized as disease-producing, and must be overcome before the ideal that the chemical urge demands can be realized.

The animal body is the result of chemical action, plus the auto-mental and environmental influences.

There is a vast difference between the savage, the semi-savage, and the civilized man.

Through the power of heredity, the anatomism requires the influence of right food, education, and environment, through many generations, before the bodily functioning is changed from that of a savage into that of a civilized man. I was told by an educated man, who expressed surprise at the psychology involved, that Chinese graduates of Yale University had been known to return home and immediately go with friends to worship their gods. There isn't anything strange about this fact. No truth is our truth until we have lived it. We do not need to go to China to find people returning to their idols. The lowest and most disgusting atavistic examples are those of the dog when he returns to his vomit; or when the much-bathed, pampered, and petted lap dog seeks out a carrion on which to rub his body, or selects offal, or any ill-smelling substance, in which to bathe, as it were. War is savagery. And capital punishment, or legal murder, such as is practiced in civilized countries, is atavism pure and simple, and is very much worse for us than the so-called *carnivals of death* practiced by those in authority in China; for we claim to be civilized and assume to teach and direct the heathen.

The Chinaman will have to evolve through many generations before he can, after graduating from Yale, turn his back on the gods of his country. Have the Yale professors turned their backs on their idols? How about Professor Fisher and his medical superstitions?

THE SAVAGE IN US ALL

It is said that only a little scratching on the back of the most civilized man is necessary to uncover the savage. In all probability this slowness of ridding ourselves of our savagery is due to the fact that the people generally are not interested in the subject of the influence of food on their bodies and lives. Our women think that, if their faces are made ugly by errors in eating and thinking, they can easily hide the disfigurement by enameling it. If their bodies are misshapen and distorted, the modiste can compress them here and pad them there, and, by other tricks of their subtle art, give out a general impression of shapeliness. As to the breath, and other avenues of exit for the foul gases of a decomposing body, the perfumer's art renders all *sweet and odoriferous!* To whom? To the man of like bodily derangement. The man who is fond of such women has a distorted taste. He can't detect offensive odors, because he is in a like condition. His five senses are blunted and his imagination distorted, so that his love-nature requires all sorts of pathological excitants to push back, for a time, the threatening impotency that soon must possess him, soul and body.

This explains much that is taking place in social life, that is so hard for people to understand—why men turn their backs on their families and chase after the odors peculiar to social pathology—those especially in keeping with their degeneration.

OVERWORKED LOVE

All men who have the tobacco habit know the consequences of lingering too long and lovingly in the arms of their beloved Lady Nicotine. As in all overworked loves, disgust follows, and the favorite Havana becomes a cabbage leaf or a disgusting stogie. On the other hand, when the appetite is whetted by abstinence, a stogie, or almost *any old smoke*, will excite dreams—beautiful dreams—that know no awakening until the overstimulation brings on enervation, with its physical and mental impotency. This state of impotency will last until rest and abstinence—nature's sweet restorers—bring back to normal the overworked nerves.

If we would throw off our inherited savagery, we must cultivate our bodies as well as our minds. We must know enough to avoid, at all times, living in a way to bring on auto-infection and autotoxemia.

It is possible to eat the proper foods, yet eat in quantities sufficient to crowd digestion to the point of forcing decomposition; following which, disease develops. What disease? Enervation in the first place; then, when the body is deprived of energy, the weakened organ—the organ that has been abused most, or the one that is deprived of an important element—will give out first. If phosphorus is the element most required, disease of the brain and spinal cord, or their membranes, will develop.

With enervation established, autotoxemia must follow; then any disease-producing influence may show its individuality—establish a disease peculiar to its influence.

CHAPTER XVIII

ENERVATION: ITS SIGNIFICANCE

THE cause of disease is internal, and frequently referred to as a predisposition.

Microbes and germs can never be anything more than secondary or exciting causes. To recognize germs as the cause of disease is to handicap progress in the line of developing a true knowledge of the etiology of disease, and certainly must lead the therapeutist astray.

The universal cause of all diseases, as I have been teaching, is autotoxemia (see "Philosophy of Health"); but the cause of this cause is enervation. Enervation is not disease until, from lack of energy, elimination becomes deficient; then an accumulation of waste (autotoxemia) takes place, after which outside influences join with internal causes in developing all kinds of diseases. The cause of disease, then, may be divided into three elements, namely: first, the primary cause, which springs from a multiple of causes, such as wrong eating and overstimulation generally; second, foods that do not carry into the system enough mineral elements, bringing about a state of dysemia; third, extraneous influences.

If the food eaten does not carry a proper supply of the mineral elements, nerve energy is not built; hence, there can be found sick people who can truly say, regarding self-control and moderation in eating habits: "All these things (diet rules) have I kept from my youth up." Yes, people can be very moderate in partaking of meat, white bread, cane sugar and fat in the form of candy, preserved fruits, cookies, cakes, pastries, puddings, also coffee and tea, yet become so dysemic that resistance is lost; then unusual extraneous influences add the *coup* necessary to launch the victim into a sickness the character of which must be the sum of the influences. This being true, can't anyone with education and reasoning power see how perfectly ridiculous a theory and practice must be which rest on a foundation of unitary causation?

OBESITY: ITS CAUSE

In the previous chapter I mentioned cane-sugar eating as a cause of obesity. Dysemia is another cause. Dysemia should be known from anemia. The former represents a state of the blood deficient in one or more of the elements, while anemia means a deficiency in the volume of blood. A person who has lost blood from injury or other causes is anemic. A person who has been eating as referred to above will be dysemic from lack of one or more elements: such as potash, soda, lime, magnesia, iron, phosphorus, sulphur, chlorine. The raw vegetable salads and fruit furnish the required amount of these elements in the form known as food salts. Hence the need of salads with every dinner and one fruit meal each day.

The diet outlined on the preceding page is poor in food-salts. The mineral elements are of as great importance as the non-mineral elements. Tissue cannot be built without the tissue- or food-salts which furnish the skeletal or structural elements.

Obesity is brought on from a lack of tissue-salts. Eating an excess of sugar reduces the alkalinity of the blood, and when the alkalinity is low, power to assimilate tissue- or cell-salts is lost. In so-called anemia there is a deficiency of iron in the blood; then, when the blood is defective in iron, the tissues are weakened, because the blood, deficient in this mineral element, cannot carry the oxygen necessary to complete the combustion, or tissue change—a process commonly and technically called metabolism.

The quickest road out of obesity is to reverse the order of feeding; namely, instead of feeding starch, sugar, and fat—bread, cakes, pastry, candy, sugar, and fat meat—and perhaps coffee, tea, and alcoholics; feed fruit, cooked and raw vegetables, and lean meat. Instead of eating food rich in carbon—starch and sugar—eat food containing a preponderance of tissue-salts, such as raw fruits, vegetable salads, and whole-wheat bread.

An animal organism cannot subsist on pure sugar, fat, and albumen—proteid; hence the existence of physical and mental derangements found in all those people who try to live without fresh fruits and vegetables.

THE IMPORTANCE OF FRUIT AND VEGETABLES

So important are raw fruits and vegetables in keeping the human organism healthy in mind and body that the state and nation should co-operate in teaching the use of, and furnishing, these foods, and, if need be, enforcing the use of a sufficient amount of the foods containing tissue-building salts to insure a sound mind in a sound body.

A proper diet will do away with the tobacco and alcohol appetite; it will reduce crime and save enough in public treasure to furnish all poor people—those unable to buy, who can't afford fresh fruit and vegetables—with all they need to keep them normal in mind and body. As an immunizing agent, a proper diet stands related to the immunity offered by *modern medical science* as intellect and refinement stand related to bigotry, intolerance, and superstition.

Why are sickness, suffering, pain, and death the rule among infants and children? Because of a non-energizing dietary.

COOKING INJURES CHILDREN'S FOOD

Children are frequently fed on boiled milk or cooked, artificially prepared foods. Such food has certain organic acids destroyed by the heat. Perhaps it will be better understood by the lay readers if I say that uncooked food possesses vital energy which is destroyed by cooking; hence, in feeding children a devitalized food, their vital energy is used up in digesting and assimilating. It does not require great reasoning power to arrive at the truth, that if the child takes no vital energy with its food, but must use what energy it has in vitalizing all its food intake, its vital resistance must run so low that it can't resist the disease-producing influences of its environment.

Mothers should strive to be normal in body and mind during their gestation period; then, after the birth of their children, live in a way to enjoy the best of health. In this way only may they hope to give to the world children that are healthy in mind and body.

EUGENICS

Eugenics is being talked about a very great deal these days, and by people many of whom do not know anything about the combination of vital elements necessary to bring about ideal results. The average person thinks that the coming together of two robust individuals is all that is necessary to insure ideal children; this, too, in the face of all history to the contrary.

Isn't it a fact that America assimilates into good and great citizens much of the scum and froth of the overcrowded and starved-out old countries? What element is necessary to growth of mind and body? Want. Starve and suppress a people for a hundred generations, and then give them an opportunity. They will go forward by leaps and bounds. Watch China and Japan.

The modern idea of eugenics, if carried out, will end in developing a large, fat, lubber class that will eat out of the hand and stand without tethering, just like the fat stock which we see at the cattle and horse shows, and which has been evolved by identically the same eugenic ideas.

Breeding has much to do, but feeding has much more, and ambition still more, in the process of improving the animal.

The race-horse has ancestry; but when great speed is desired, the blue grass of Kentucky is necessary. Ambition is necessary, and that must come largely from proper food. Eating correctly is oftener an accident than otherwise, but it should be given more attention and developed into a common knowledge.

FAT MEANS DEGENERATION

The fat stock at our stock shows is in reality a degenerate class of animals; they have been robbed of every particle of native self-protection. If sent out into the average pasture, where native cattle can live and thrive, they will starve to death. Hasn't this been true of royalty? Where are all the descendants of the original blue-stocking grandfathers and grandmothers of one hundred years ago; and where is the stamp of ignobility and plebeianism that is the birthright of thousands of people who today are making history?

The greatest necessity in the line of eugenics comes under the head of correct food for mind and body.

If possible, fallacy and superstition should be weeded out; and all causes that work against ideal physical and mental development should be removed.

So long as the healing profession is unable to prevent sickness *being the rule among all children; the children belonging to the* *members of the profession; the wives of the members of the profession; and, neither last nor least, the members of the profession themselves*, it can be truthfully said that medical science, as practiced, is no science at all, but rather a commercialized conglomeration of false and unproven theories, delusions, hallucinations, and superstitions.

As hinted above, vegetables and fruit carry very important food-salts, and, to familiarize the reader with these food elements, I have submitted tables setting forth approximately their analysis. (See last pages of this book.) It should be borne in mind that food-stuff must vary in elemental composition, because of different soils and climate; also because of varying cultivation.

CHAPTER XIX

IN PREVIOUS chapters I have endeavored to show that the eating of sugar is not an unmixed pleasure; that artificially prepared sweets, such as cane and beet sugars, and all foods into whose composition they enter, can do much harm when consumed in too great quantities. If I can impress on mothers' minds the truth that starchy foods and sugar, eaten to excess, are one of the principal causes of catarrh, gastritis, adenoids, enlarged tonsils, rheumatism, adenitis, and tuberculosis developing in their children, I shall have gone very far toward doing away with all children's diseases.

SALT

There is one other food element to which I must call the attention of my readers, and that is *salt.* I believe that we can get all the salt our bodies need from foods in common use; but the people have grown such a salt-eating habit that I prescribe its use every day, but always say to patients: "Eat of salt very sparingly." Those who follow my instructions, and establish right eating as a daily habit, will find themselves growing out of the salt habit. The salt habit, like the habit of taking other stimulants, waxes strong on the food that it feeds upon—namely, eating too much and of improper combinations.

SALT LEADS TO OVEREATING

Overeating builds an abnormal desire for food, and with the abnormal desire comes a cloyedness that forces a resort to more and more salt, pepper, mustard, horseradish, and all other condiments, which may well be likened to spurs and whips, for they are used as gads to urge a jaded desire.

Salt being a mineral food, its tendency is to harden the tissues. It is one of the leading elements in bringing about old age. Old age means mineralization, ossification, fossilization. This state can be brought about by an unprogressive mind, as well as by mineralizing the body.

Lot's wife was turned into a pillar of salt because her mind persisted in turning back, in looking back, in clinging to old ideas. She was not progressive; if she were living today, her manner of dress would probably be back in the hoop-skirt age. She and her ilk would not take to the spike-bottom, diaphanous skirts and peek-a-boo waists. Everyone who will not keep up with Dame Fashion, and who persists in looking back on Sodom—on dead issues, outlived fashions, styles, beliefs, and old manners of living, eating, and enjoying—must become mineralized—turned into a pillar of salt. Nature is progressive; everything moves forward or backward, and the backward movement always means fossilization or extinction. There is a great tendency for holding back, looking back, harking back to old customs, and mineralization is the fate of all. Please look upon the large joints and deformed fingers of that erstwhile beautiful woman. She will persist in looking back on the old style of eating until that once supple, beautiful body is warped and distorted into a pillar of salt; joints stiff, hard, and enlarged from deposits of mineral; and even the heart takes on ossification. Readers should know there are salts of lime and other minerals as well as soda. Hence, a pillar of salt may be built of any crystallizing mineral.

A mind that will not keep up with fashion in dress or eating is fossilizing. It will stick to bread, because it is the staff of life, until it becomes the staff of death. Salt will be eaten by young people, even if their faces are covered with acne to such a degree that girls must cover them with their hair to keep the disgusting disease from being seen.

No one ever had acne who was not badly food-poisoned; and no one can eat to excess who does not whip himself into an abnormal desire by condiments and unnatural food mixtures.

Salt enables those who use it to overeat, and the habit will not be overcome until the desire for salt is overcome.

Hunger is the best sauce, and those who will not wait for hunger to come, but must anticipate it by the use of stimulants, need not be surprised at discomfort, disease, and early death.

THE EVIL OF FORCING APPETITE

Drugs are prescribed by many professional men, with the deliberate intention of whipping a jaded appetite into renewed energy; and this is foolishly called curing people of lost desire for food.

What becomes of people treated in this way? They die early. They die at from thirty-five to fifty-five years of age. A farming community treated in this way will seldom have a man living in it beyond fifty years of age.

Much of the popular predilection for the use of meat is due to salt, pepper, and other condiments.

SALT FORCES APPETITE

Table salt is largely combined with lime, and it should be procured as pure as it can be made. A chemically pure salt, or chloride of sodium, is least harmful; but it should not be forgotten that its greatest harmfulness comes from stimulating an unnatural appetite and forcing the consumption of too much food.

Hard and fast lines cannot be drawn on the use of salt. Or perhaps it would be better for me to say that they can be drawn, but should not; for the vegetable foods—especially those made from grain, rice, peas, beans, and potatoes—carry a large amount of potash, and salt is needed to decompose an excess of potash intake.

Phosphate of potash is a constituent of muscles and of the blood corpuscles, but it is an abnormal constituent of the blood serum and has a bad influence on the heart.

Perhaps it is well to impress on the lay reader the fact that food that is wholesome in the stomach may be a rank poison when introduced directly into the blood. Albumen is a type of food that heads the list of such food paradoxes. The smallest particle of pure albumen introduced into the blood current will prove fatal. The white of the egg is a type of the purest albumen. To the mind unacquainted with such facts it appears impossible that a food like the white of the egg could be a poison in the blood.

Potash belongs to the muscle, and soda to the blood. Physicians prescribe potash (chlorate or carbonate), and it is taken into the stomach without doing perceptible harm; but if the drug should be put into the blood, it would cause death.

It is said that when potash accumulates in the flesh cells or nerve cells, it creates irritation and sometimes paralysis.

POTASH AND SODA DECOMPOSE EACH OTHER

Potash and soda decompose each other. This being a great chemical truth, it is not strange that vegetarians have a desire for salt; and it is a physiological fact that those who eat largely of vegetables should eat salt. Why? Because the potash in vegetables will be cumulative unless enough salt is taken to neutralize. Potash-bearing food causes the excretion of the soda and the demand for salt; under such circumstances it should be supplied, for the body requires it. It is seen that in this matter, as well as all others, there is no room or excuse for fanaticism.

The harm coming from the withdrawal of soda from the blood is that soda renders the blood immune to the influence of fermentation. When the blood loses its power of resistance, irritations and inflammations of mucous membranes appear. Children have gastritis, tonsilitis, catarrh, adenitis, etc. Adults will suffer inflammations and ulcerations. The old practice was to give potash for throat diseases, the form given being that of chlorate of potash—a preparation that has lost its affinity for salt, because it is already saturated with chlorine.

The discerning should see that starch-bearing foods should never be used in treating such diseases, for the excess of potash will further extract the soda of the blood and cause the disease to grow worse; whereas broth and milk are not so inclined to do this. However, no food at all is the best food with which to feed the sick.

The fresh leaf vegetables, such as salads are made from, carry more soda than the dry grains, beans, peas, and potatoes; hence, they are a safe food for convalescents.

Liebig remarked that there seemed to be a popular instinct to add more salt to those articles of food which were rich in starch, as, for instance, wheat meal, peas, and beans; and it seems that they are the very ones which contain most potash.

In this connection it may be remarked that potash salts in large quantities affect unfavorably the mucous membranes of the digestive tract, and especially the stomach. Consequently, all those who suffer from weakness of the stomach should avoid potatoes and substitute rice instead. Rice is also more easily digested than potatoes for other reasons. It contains less cellular or woody and indigestible matter inclosing the starch cells. One writer on food (Mulder) goes so far in his opposition to potatoes as an article of diet as to declare that it would be a blessing to the race to banish them from the planet and substitute rice.

THE USE OF SALT AMONG VARIOUS PEOPLE

Dr. Bunge has collected facts concerning the use of salt among various people. He finds that those who live mainly on flesh, as hunters, fishermen, and nomadic tribes, do not care for salt. Of the Samoyden he says: "They know nothing of bread, and but little of roots. Flesh and fish constitute their daily food. The use of salt is unknown, though easily attainable from the sea. The Tungusen eat no raw flesh, but cook it in fresh water and use no salt on it. The Dolganen and Juralkan, in North Siberia, possess many salt mines, but they never use salt, unless as a medicine. Their food is fish and reindeer flesh." Wrange writes concerning the Tschuktschen: "Their food is flesh and they use no salt, but have actual repugnance to it."

Professor Schwartz dwelt in the land of the Tungusen three years; lived on the flesh of wild birds and reindeer, without the addition of salt, and felt no need for it.

There are tribes of flesh-eating men in both tropical India and Africa who use no salt; they even laugh at those who do use it.

On the other hand, most of the native tribes of Africa cultivate the soil. Mungo Park says: "The Mandigos breakfast early on porridge made of meal and water, flavored with the rind of tamarind to give it relish. About two they eat a meal consisting of pudding made of corn meal, milk, and vegetable butter. Their chief meal is eaten late at night, and consists of broth made with corn meal, wheat meal with vegetables, with sometimes a little flesh and vegetable butter. They are principally vegetarians." Concerning salt he says: "They have a great craving for it. If a child gets a piece of rock salt from a European, it eats it as our children do sugar. The poorer classes look upon a man who can afford salt as a rich man." Park's own experience was that he had a painful craving for salt, which could not be described. On the west coast of Africa a man would sell his wife or child for salt. A war for a salt-spring between different tribes is not uncommon. To them salt is no luxury, but a necessity.

This is strong evidence that a diet of cereals, beans, peas, and potatoes requires salt, and one of fruit, raw and cooked non-starchy vegetables, and meat does not need any.

	Water	Fat	Carbo-hydrates	Protein	Ash	Fuel Value
Whole milk	87.0	4.0	5.0	3.3	0.7	310
Skim milk............	90.5	0.3	5.1	3.4	0.7	165
Buttermilk............	91.0	0.5	4.8	3.0	0.7	160
Cream...............	74.0	18.5	4.5	2.5	0.5	885
Cream cheese.........	34.2	33.7	2.4	25.9	3.8	1,950
Cottage cheese........	12.0	1.0	4.3	20.9	1.8	510
Whole eggs...........	73.7	10.5	....	14.8	1.0	700
White of eggs.........	86.2	0.2	....	13.0	0.6	265
Yolk of eggs..........	49.5	33.3	....	16.1	1.1	1,608
Lamb chops	53.1	28.3	....	17.6	1.0	1,540
Pork chops...........	52.0	30.1	....	16.9	1.0	1,580
Beefsteak.............	61.9	18.5	....	18.6	1.0	1,130
Smoked ham..........	40.3	38.8	....	16.1	4.8	1,940
Dried beef............	54.3	6.6	....	30.0	9.1	840
Cod, lean fish.........	82.6	0.4	....	15.8	1.2	325
Cod, salt fish..........	53.5	0.3	....	21.5	24.7	410
Smoked herring.......	34.6	15.8	....	36.4	13.2	1,355
Mackerel..............	73.4	7.1	....	18.3	1.2	645
Oysters...............	86.9	1.2	3.7	6.2	2.0	235
Bacon.................	18.8	67.4	....	9.4	4.4	3,030
Beef suet.............	13.2	81.8	....	4.7	0.3	3,510
Lard..................	....	100.0	....	....	....	4,080
Butter.	11.0	85.0	....	1.0	3.0	....
Olive oil..............	....	100.0	....	....	....	4,080
Corn..................	10.8	4.3	73.4	10.0	1.5	1,800
Wheat................	10.6	1.7	73.7	12.2	1.8	1,750
Buckwheat............	12.6	2.2	73.2	10.0	2.0	1,600
Oat...................	11.0	5.0	69.2	11.8	3.0	1,720
Rice..................	12.0	2.0	77.0	8.0	1.0	1,720
Rye...................	10.5	1.5	73.9	12.2	1.9	1,750
White bread...........	35.3	1.3	53.1	9.2	1.1	1,215
Whole wheat bread....	38.4	0.9	49.7	9.7	1.3	1,140
Toasted bread.........	24.0	1.6	61.2	11.5	1.7	1,420
Corn bread............	38.9	4.7	46.3	7.9	2.2	1,205
Cooked oat breakfast food................	84.5	0.5	11.5	2.8	0.7	285
Macaroni.............	78.4	1.5	15.8	3.0	1.3	415
Granulated sugar......	....	....	100.0	....	....	1,860
Molasses..............	25.1	....	69.3	2.4	3.2	1,290
Stick candy...........	3.0	....	96.5	....	0.5	1,785
Maple sugar...........	16.3	....	82.8	....	0.9	1,540
Honey................	18.2	....	81.2	0.4	0.2	1,520
Parsnip...............	83.0	0.5	13.5	1.6	1.4	230
Onion.................	87.6	0.3	9.9	1.6	0.6	225
Potato................	78.3	0.1	18.4	2.2	1.0	385
Celery................	94.5	....	3.4	1.1	1.0	85
Shelled bean, fresh.....	58.9	0.6	29.1	9.4	2.0	740
Navy bean, dry........	12.6	1.8	59.6	22.5	3.5	1,600
String bean, green.....	89.2	0.3	7.4	2.3	0.8	195
Corn, green...........	75.4	1.1	19.7	3.1	0.7	500
Apple.................	84.6	0.5	14.2	0.4	0.3	290
Dried fig..............	18.8	0.3	74.2	4.3	2.4	1,475
Strawberry............	90.4	0.6	7.4	1.0	0.6	180
Banana...............	75.3	0.6	22.0	1.3	0.8	460
Grape.................	77.4	1.6	19.2	1.3	0.5	450
Raisins...............	14.6	3.3	76.1	2.6	3.4	1,605
Grape juice...........	92.2	0.0	7.4	0.2	0.2	150

	Water	Fat	Carbo-hydrates	Protein	Ash	Fuel Value
Canned fruit	77.2	0.1	21.1	1.1	0.5	415
Fruit jelly	21.0	0.0	78.3	0.0	0.7	1,455
Walnut	2.5	63.4	16.1	16.6	1.4	3,285
Chestnut	5.9	7.0	74.2	10.7	2.2	1,875
Peanut	9.2	38.6	22.4	25.8	2.0	2,500
Peanut butter	2.1	46.5	17.1	29.3	5.0	2,825
Cocoanut	3.5	57.4	31.5	6.3	1.3	3,125

This table was taken from a chart issued by the Agricultural Department; Washington, D. C., added to from "Natural Hygiene."

	Water	Albumen	Fat	Carbo-hydrates	Food-Salts	Potash	Soda
Savoy	87.09	3.31	.71	6.02	1.64	27.50	10.16
Cabbage	89.97	1.89	.20	4.87	1.23	38.86	9.46
Spinach	88.47	2.49	.58	4.44	2.09	16.56	35.23
Cauliflower	90.89	2.48	.34	4.55	.83	44.36	5.89
Stinging-nettle (vegetable and salad weeds)	82.44	5.50	.67	7.13	2.30	32.04	2.39
Dandelion	85.54	2.81	.69	7.45	1.90	38.86	10.44
Asparagus	93.75	1.79	.25	2.63	.54	24.04	17.08
Cucumber	95.60	1.02	.09	2.28	.39	41.16	10.04
Lettuce	93.41	2.09	.41	2.73	.79	46.01	9.43
Summer endive	92.50	1.26	.54	3.55	.98	25.30	35.30
Leek	87.62	2.83	.29	6.53	1.24	30.72	14.15
Onion	85.99	1.68	.10	10.82	.71	34.03	2.48
Mushrooms	89.12	2.61	.28	6.11	.70	50.89	1.65
Radish	93.34	1.23	.15	3.79	.74	32.00	21.15
Horseradish	86.92	1.92	.11	7.43	1.07	21.98	3.75
Celery	84.09	1.48	.39	11.80	.84	43.19	....
Potato	75.48	1.95	.15	20.72	.95	60.06	2.96
Turnip	85.89	4.87	.21	8.18	1.17	35.31	6.54
Carrot	87.05	1.04	.21	9.40	.90	36.92	21.17
Apple	84.79	.36	....	12.04	.49	35.68	26.09
Pear	83.02	.36	....	11.80	.31	54.69	8.52
Cherry	79.82	.67	....	12.00	.73	51.85	2.19
Grape	78.17	.59	....	16.32	.53	56.20	1.42
Plum	84.86	.40	....	8.24	.66	59.21	.54
Strawberry	87.66	.54	.45	7.29	.81	21.07	28.48
Gooseberry	85.74	.47	....	8.43	.42	38.65	9.92

	Lime	Magnesia	Oxide of Iron	Phosphoric Acid	Sulphuric Acid	Silicic Acid	Chlorine
Savoy	21.38	3.59	1.73	14.75	8.20	4.78	7.91
Cabbage	17.63	4.00	.69	8.99	13.91	.87	8.51
Spinach	11.88	6.38	3.35	10.25	6.87	4.52	6.20
Cauliflower	5.58	3.66	1.02	20.22	13.01	3.76	3.44
Stinging-nettle (vegetable and salad weeds)	28.24	7.16	4.77	7.84	8.35	4.03	6.66
Dandelion	19.96	8.38	.86	7.84	2.24	7.01	2.65
Asparagus	10.85	4.32	3.38	18.57	6.18	10.09	5.93
Cucumber	7.30	4.15	1.40	20.00	6.92	8.03	6.59
Lettuce	6.05	2.17	....	8.52	3.89	20.23	4.75
Summer endive	11.86	4.33	1.26	10.90	3.87	2.99	4.19
Leek	10.37	2.92	7.61	16.69	7.35	7.36	3.11
Onion	22.87	4.65	2.27	17.35	5.68	8.50	2.41
Mushrooms	1.01	3.37	1.62	33.71	3.94	.98	.88
Radish	14.94	3.10	2.84	10.86	6.47	.91	9.15
Horseradish	8.78	3.53	1.16	41.12	7.71	8.17	4.90
Celery	13.11	5.82	1.41	12.83	5.58	3.85	15.87
Potato	2.64	4.93	1.10	16.86	6.52	2.04	3.46
Turnip	10.97	6.84	3.03	21.90	8.85	2.48	4.95
Carrot	11.34	4.38	1.01	12.79	6.45	2.38	4.59
Apple	4.08	8.75	1.40	13.69	6.09	4.32	....
Pear	7.98	5.22	1.04	15.20	5.69	1.49	....
Cherry	7.47	5.46	1.98	15.97	5.09	9.04	1.35
Grape	10.77	4.21	.37	15.58	5.62	2.75	1.52
Plum	10.04	5.46	3.20	15.10	3.83	2.36	....
Strawberry	14.21	....	5.89	13.82	3.15	12.05	1.69
Gooseberry	12.20	5.85	4.56	19.68	5.89	2.58	.75

Regarding food-salts, or tissue-salts, the above analysis, showing the elements found in the ash of vegetables and fruit, I borrow from Dr. Lahmann, "Natural Hygiene" (Swan Sonnenschein & Co., London).

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